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GRATITUDE

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Prompts

1. Who do you love?

2. What made you smile lately?

3. Who do you like?

4. What are you good at doing?

5. Who can you count on?

6. What do you love?

7. What do you like?

8. Where do you like to go?

9. What do you enjoy?

10. Who inspires you?

11. List activities that bring you joy.

12. List items that bring you joy.

13. List people that bring you joy.

14. What makes you happy?

15. What relaxes you?

16. What makes you special?

17. What is your favorite memory?

18. Is there anything that you take for granted?

19. What is your favorite food?

20. Describe one good thing that happened to you this month?

21. What is your favorite item?

22. What cheers you up when you are feeling sad?

23. What do you enjoy about your daily routine?

24. Describe your last vacation?

25. What have you accomplished?

26. What is your biggest accomplishment?

27. Do you have a family tradition that you enjoy?

28. What are your good qualities?

29. What are your hobbies?

30. Is there anything that makes your life better?

31. What movie did you like?

32. What book did you enjoy?

33. Who made you smile?

34. Write about a nice thing somebody said to you.

35. Who do you enjoy spending time with?

36. What songs do you love?

37. Where is the best place you visited and what do you like about it?

38. What have you learned?

39. Has anyone shown you kindness recently?

40. What do you love about your home?

41. What do you love about your country?

42. Describe the last gift you received. Who gave it to you?

43. What do you like about yourself?

44. What do you like about your job?

45. In what way is your life better today than it was a year ago or ten years ago?

46. What is the nicest thing that someone did for you?

47. Describe one of your best days.

48. What do you enjoy doing after work?

49. What do you enjoy doing when you get home?

50. Describe a bad experience that made you stronger.

51. What do you have today that you didn't have as a child?

52. Describe a difficulty that you have overcome.

53. What would you take to a desert island?

54. What was the last thing that made you laugh?

55. What is your favorite animal?
