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GRATITUDE  
→  
*Prompts*

1. Who do you love?

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2. What made you smile lately?

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3. Who do you like?

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4. What are you good at doing?

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5. Who can you count on?

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6. What do you love?

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7. What do you like?

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8. Where do you like to go?

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9. What do you enjoy?

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10. Who inspires you?

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11. List activities that bring you joy.

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12. List items that bring you joy.

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13. List people that bring you joy.

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14. What makes you happy?

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15. What relaxes you?

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16. What makes you special?

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17. What is your favorite memory?

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18. Is there anything that you take for granted?

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19. What is your favorite food?

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

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21. What is your favorite item?

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

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23. What do you enjoy about your daily routine?

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24. Describe your last vacation.

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25. What have you accomplished?

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26. What is your biggest accomplishment?

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

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28. What are your good qualities?

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29. What are your hobbies?

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30. Is there anything that makes your life better?

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31. What movie did you like?

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32. What book did you enjoy?

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33. Who made you smile?

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

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35. Who do you enjoy spending time with?

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36. What songs do you love?

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

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38. What have you learned?

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39. Has anyone shown you kindness recently?

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40. What do you love about your home?

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41. What do you love about your country?

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

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43. What do you like about yourself?

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44. What do you like about your job?

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

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

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47. Describe one of your best days.

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48. What do you enjoy doing after work?

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

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50. Describe a bad experience that made you stronger.

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

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52. Describe a difficulty that you have overcome.

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53. What would you take to a desert island?

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

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55. What is your favorite animal?

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