



gratitude prompts

- A person who inspires you
- Something you ate
- A smell that brings you joy
- Something in nature
- A luxury you have that others around the world might not
- Something good about your job or work
- Something you made
- Your favorite trait about yourself
- Spending time doing something you love
- A personal accomplishment
- Something about where you live
- Your means of transportation
- A skill you possess that you are proud of
- Something that made you smile today
- Something that made this week a little better than last week
- A song or podcast that makes you feel happy
- The weather
- A lesson you learned
- A memory that makes you laugh
- Something warm and cozy
- A place in your home that makes you feel relaxed
- Your favorite childhood memory
- A physical ability you have that you have taken for granted
- A show or movie that makes you smile
- A pet that left a lasting impression
- A piece of clothing that made you feel comfortable
- An emotion you felt today
- A quote that inspires or motivates you
- Modern technology that makes your life easier
- Something someone else did for you
- Something that made you laugh today