

Gratitude Prompts

After your first couple days or weeks you might feel like you are writing the same things over and over. Sometimes every day feels the same and some days are really hard. When those days come don't forget about the little things - like having a person you can vent to or knowing your favorite comfort food is waiting in your fridge. Use the questions below to dig into your best and worst days to find that there is always something to be grateful for.

ME

What makes me feel at peace
What value do I bring to my job, family, community
What does gratitude mean to me
What is the best meal I've ever eaten
What is something I want to get better at
What is my favorite thing about myself
What am I learning right now
What is the hardest I have ever laughed

FAVORITES

What is my favorite thing about my childhood
What is my favorite memory
Who was my favorite teacher, coach, boss
What is my favorite piece of clothing
What is my favorite thing about my spouse, partner, children, parents, friends, etc
What is my favorite season
What is my favorite smell
What are my favorite things about my home
What is my favorite thing about my job

IT'S NOT ALWAYS EASY, BUT IT'S BEAUTIFUL

What is a lesson I've learned the hard way
What is a challenge I have overcome
What was a hidden blessing in a difficult situation
Have I ever had my heart broken

EXPERIENCES

Where did I go on my favorite trip
Where do I want to go on my next trip
Where is my happy place
What was my first job
What is the best gift you have ever been given
What is my biggest accomplishment

RELATIONSHIPS

Have I ever been in love
When was the last time I made someone smile
What is my love language
Who said I love you first

THE FEELS

How did I feel when I got down on one knee or my partner did
How did I feel when I got my first job, promotion, paycheck
How do I feel when my team scores
How did I feel when my parents drove away on my first day of college
What makes me feel alive

THE LITTLE THINGS

- Clean sheets
- The smell of grandma's house
- Dropping my suitcase and doing a snow angel on the hotel bed
- New mascara
- Yoga pants
- Concerts
- Lunch dates
- First kisses
- Bubble baths
- Mom's cooking
- Naps
- Sunshine
- Family traditions
- Good neighbors
- Bonfires
- A beer at the airport
- Spellcheck
- The snooze button
- Hugs
- Reaching a goal
- My birthday
- Payday
- Respect
- Fresh cut grass
- A meme from my bestie
- Vacation
- Car starters
- A good storm
- New hair
- Pizza delivery
- Holding hands
- Sleeping in
- My favorite song
- A good book
- Hearing mama or dada for the first time
- Finding \$20 in your pocket
- Laughing til it hurts
- Karma
- A supportive partner
- A close parking spot
- My wedding day
- The day my divorce was final
- The sunrise
- Clean kitchen
- Winning a prize or raffle
- Blankets
- Trust
- The cold side of the pillow
- Good news
- Getting flowers
- Summer