

Who in your life are you grateful for right now?

Name something that you were disappointed or upset by at the time that you are now grateful for.

Describe something that brings you joy.

What memory makes you the most grateful when you think about it?

What positive change has happened this past year?

What gift are you the most grateful for?

What is a piece of advice you're thankful you received?

How can you find gratitude in a current challenge?

What is the happiest memory of your childhood?

What is a skill or talent that you are thankful for?

What is a favorite meal or snack you are grateful to enjoy?

Who is a teacher, role model, or mentor that you are grateful for?

What simple thing made today a better day?

What is one thing you take for granted that you couldn't live without?

What is your proudest accomplishment?

When do you feel your happiest?

What made you laugh today?

Who is someone that has shown you kindness lately?