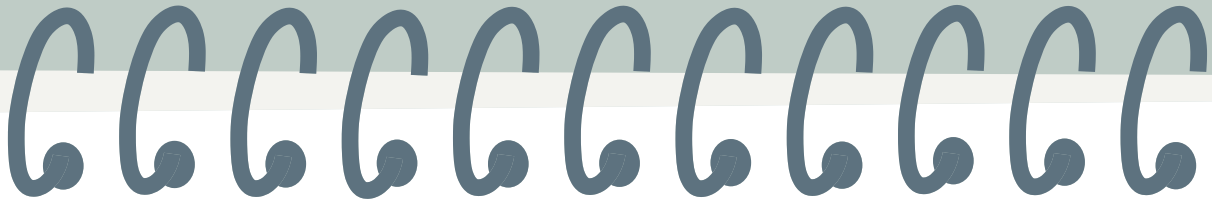


Gratitude Prompts

This worksheet offers 15 gratitude prompts to inspire daily practices that help us appreciate what we have, boost our mood, and cultivate a sense of joy and contentment, even during challenging times.



- *What's something that made you smile today?*
- *Who's someone you appreciate and why?*
- *What's one good thing that happened this week?*
- *What's one thing in nature that you find beautiful?*
- *What's something that you're thankful for in your daily routine?*
- *What's one way that someone has shown you kindness recently?*
- *What's one thing you're grateful to have learned?*
- *What's one thing that you're thankful for in your home?*
- *What's one thing that you're thankful for in your home?*
- *What's one memory that you're grateful for?*
- *What's one aspect of your health that you're thankful for?*
- *What's one thing you're grateful to have in your career?*
- *What's one thing you're grateful for in your community?*
- *What's one quality in yourself that you're grateful for?*
- *What's one way you've been able to overcome a challenge?*
- *What's one goal you've achieved recently that you're grateful for?*

