

What was your favourite part of yesterday?



Write a thank you card to someone.



Which season are you most grateful for and why?



What is your favourite activity to do?



Write about a time you were able to help someone.



What is one special skill you have that you feel proud of?



What is your favourite day of the week and why?



Write about your favourite place outdoors.



Write about your favourite place indoors.



What is one of your happiest memories?



Think of one person in your family and write about why you are so grateful for them.



What do you love most about yourself and why?



Write about your favourite time of day.



Who is someone that inspires you?



What is the best thing about where you live?



Write about a challenge you've overcome.



What is something you are looking forward to?



When was the last time you felt really sad? What is something good that came out of that feeling?



What have you created that makes you feel proud?



Write about an opportunity you've had to learn something new.



Describe your favourite taste and how it makes you feel.



What do you love most about your body?



Describe your favourite celebration.



What is one thing you can't stop thinking about?



What is a big change in the world that you'd like to make?



Write a list of your five favourite places and why you are grateful for them.



What is a talent that you have used today?



Write about the last time someone made you laugh.



Write about the last time someone made you smile.



What is something or someone who makes you feel safe?



How are you able to help people in need?



What mistake are you grateful for?



List five ways you can share happiness with others today.



What hobbies or activities would you miss if you were unable to do them?



Think about someone in your life who can be hard to get along with. Write down one quality about them that you are grateful for.



What part of your morning routine are you most grateful for?



Write about a time someone helped you when you were hurt.



What is your favourite way to move your body?



What is your least favourite time of year? Think of three reasons to be grateful for that time of year.



Think about someone you see every day. What is it about that person that you are most grateful for?



Think about what life was like one year ago. Write five reasons you are grateful for your experiences since then.



What is your favourite natural element: earth, air, fire or water? Why?



What is your favourite colour and why?



What is your favorite of the five senses: taste, sight, touch, sound or smell? Why are you grateful for this sense?



Write about three items that you own and feel grateful for.



*How do your family and friends help
to make your life happy?*



*What is something you did today that
you'd love to do every day?*



*How would you rate today from 1 to 10?
Why are you grateful for today?*



What is your favourite word right now? Why?



*What part of your evening routine are
you most grateful for?*

