

*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?*

