



 GRATITUDE PROMPTS





Gratitude Prompts

24 Things to Give Thanks To

I'm grateful for 3 things I hear.

I'm grateful for 3 things I smell.

I'm grateful for 3 things I touch/feel.

I'm grateful for 3 things I taste.

I'm grateful for these 3 friends.

I'm grateful for these 3 family members.

I'm grateful for these 3 things in my home.

I'm grateful for these 3 physical activities.





Gratitude Prompts

I'm grateful for these 3 holidays.

I'm grateful for these 3 books I love.

I'm grateful for these 3 character traits.

I'm grateful for 3 things I love to wear.

I'm grateful for these 3 strangers
who helped me.

I'm grateful for these 3 technology gadgets.

I'm grateful for 3 things I take for granted.

I'm grateful for these 3 things that made me laugh.





Gratitude Prompts

I'm grateful for these 3 things I am good at.

I'm grateful for these 3 opportunities I've had..

I'm grateful for these 3 life lessons I learned.

I'm grateful for these 3 simple pleasures.

I'm grateful for these 3 gifts I received.

I'm grateful for these 3 trips I took

I'm grateful for 3 things that happened
to me last week.

I'm grateful for these 3 goals I achieved.

