

What Can You Be Grateful For?

Tell about something you have learned this week.

Something you learned about recently

Basic skills you learned as a child, such as learning how to tie your shoes or how to read/write

A difficult experience that you learned from

What is your favorite activity to do?

A favorite activity you enjoy doing

Tell about a time that someone helped you solve a problem.

Tell about a time someone helped you find something that was lost.

Tell about a time you were able to help someone else.

What is one thing you are grateful for today?

What was the best part of your day?

What is a sound you are grateful for?

What is a smell you are grateful for?

What taste are you grateful for?

Which of your five senses are you most grateful for?

Close your eyes and think about something you are grateful for pay attention to what gratitude feels like in your body.

What technological advancement are you most grateful for?

Think about the things that you own; feel gratitude for what they allow you to do not just the things themselves.

What's something that you're looking forward to?

What's a simple pleasure that you're grateful for?

What's something that you are grateful to have today that you didn't have a year ago?

Write about a happy memory.

Write about someplace you've been that you're grateful for.

What's a possession that makes your life easier?

Open your phone or photo album and find a photo that you like. Why are you grateful for this photo? What are you grateful for in the photo?

What have you been given that you're grateful for?

What artist, author, or musician are you grateful for?

What's something or someone that makes you feel safe?

What book(s) are you grateful for?

What piece of clothing or furniture are you grateful for?

What's a tradition that you're grateful for?

What mistake or failure are you grateful for?

What's something that you bought recently that you're grateful for?

What's something that you made recently that you're grateful for?

Look around the room and write about everything you see that you're grateful for.

Write about 3 things you're grateful for today.

Write down one good thing that happened to you today.

Did you do something nice to someone today? Write about it.

What is something nice another person did for you today or this week?

What is something nice you did for another person today or this week?

Who or what in your life are you happy to have let go?

Name 3 things that always put a smile on your face.

What has been the highlight of your day today?

What things do you own that make life easier?

What things made you laugh out loud this week?

Write about something you saw recently that warmed your heart.

Make a list of 20 ways you are fortunate.

Your favorite thing when you wake up in the morning

Favorite websites you are grateful for

Something you use every single day

Something that keeps you warm

Something that helps you relax

A favorite song you love

Something that was a wish come true

Holidays you are thankful for

A good experience with customer service

A favorite quote or saying that makes you happy

Something you recently accomplished

What is one of your favorite songs from your childhood?

List 10 hobbies and activities that bring you joy

What is a mistake that I've made, which ultimately led to a positive experience?

Describe a family tradition that you are most grateful for.

What is one something you've learned this week that you're thankful for?

What is a recent purchase that has added value to your life?

List 10 ways you can share your gratitude with other people in the next 24 hours.

What is your favorite part of your daily routine?

List 10 items that you take for granted, which might not be available to people in other parts of the world (i.e. Clean water, electricity, etc.)

What is one thing you look forward to enjoying each day after work?

What was something you did for the first time recently?

List 10 things you have now that you didn't have 5 years ago.

List 10 of your favorite possessions.

Describe an experience that was painful, but made you a stronger person.

One song I love is _____ because. . .

One simple pleasure that I value is. . .

One of my most worthwhile purchases has been my. . .

One of my greatest life lessons was. . .

An artist or author whose body of work continually inspires me is. . .

My favorite thing about coming home at the end of the day is. . .

One piece of technology I can't live without is. . .

One generous thing I did recently was. . .

Name something beautiful that you saw today.

What memory are you grateful for?

What opportunities are you grateful for?

Describe a piece of positive news you recently heard.

Name a basic need that has been met.

What is your favorite scent?

List 3 favorite gifts you've received

The best meal I've ever eaten...

Whenever I smell... , it makes me think of...

Talk about the work that went into the home you live in.

List 5 things you love about your home.

What you are grateful about your home

What is your favorite place in your house?

Which season are you most grateful for and why?

Favorite things about this season {winter, spring, summer, fall}

Tell about your favorite place outside.

What is your favorite park and why?

What animal in nature are you most grateful for and why?

What is your least favorite kind of weather? Think of 3 things about it to be grateful for.

Open the door or window and look outside. What's something you're grateful for outside?

What about nature are you grateful for?

Something you appreciate in nature

Describe your favorite location in your house and why you like it.

What is your favorite way to enjoy nature? (i.e. walking in the woods, sitting on the beach, or hiking in the mountains, etc.)

A few things I appreciate about mornings are. . .

Name something in your home that you truly treasure. Why?

Talk about people who work in your community. Who are you grateful?

Something in your community that you are thankful for

How are you able to help others?

What public service or organization are you grateful for (i.e. the library or fire department)?

What 3 things you love about the town, area or neighborhood you live in?

What do you like the most about your town or city?

What do you love most about your country?

What is your favorite charity and why do you support it?

What would you change about your community or where you live?

Do you have a spiritual connection? What do you appreciate about it?

How does your religious or spiritual community contribute to your well-being?

What do you like about your job?

What did you accomplish today?

What about your career or job are you grateful for?

What is the biggest accomplishment in your professional life?

Describe the last time someone helped you solve a problem at work.

What is a major lesson that you learned from your job?

What aspects of your job do you enjoy the most?

Describe one thing that you like about your daily commute to work?

List 10 things you like about your job or workplace.

What was the best company you ever worked for? What made it so great?

Who was the best boss you ever worked with? What made her/him so wonderful?

Who were your best co-workers? What made them so fun?

What is the most beautiful place you have been to? Relive being in this place now.

Travel – what are you grateful for about transportation or places you have traveled to?

What is a favorite country that you've visited?

My favorite adventure/vacation was _____ because. . .

Tell about a time you were grateful for something a friend did for you.

Write about a friend that you're grateful for.

What friends are you most grateful for having? List what makes each friend special.

Tell about family member you are grateful for.

What is something unique about your family that you're grateful for?

Talk about the ways a family member makes your life better.

What family members are you most grateful for? Write about what makes them special.

Tell about a pet you are grateful for.

Who is someone you have a hard time getting along with? Think of at least 3 positive things to say about that person.

Who is someone who has really helped you this week?

Who is someone who lives far a way that you are grateful for?

Who is someone you have never met that you are grateful for?

Pretend you are writing a thank you card to your-self what are 3 things you can thank yourself for?

Write about a teacher or mentor that you're grateful for.

Who is a special someone has taught you about unconditional love in the past or present?

Think about the qualities of the people you admire. List these qualities and how you can incorporate them in your life.

List 3 things you could do today to be a kinder person.

Someone who inspires you

Who is the one friend you can always rely on?

What is your favorite memory of your father (or a father figure)?

What is your favorite memory of your mother (or a mother figure)?

Who is a teacher or mentor that has made an impact on your life and how did they help you?

Who made you smile in the past 24 hours and why?

Name and write about someone you've never met, but who has helped your life in some way.

Describe a favorite pet and what you love(d) about it.

Write about someone who makes your life better.

Write about a recent time when a stranger did something nice for you.

Who can you count on whenever you need someone to talk to and why?

Who has forgiven you for a mistake you've made in the past?

Describe your oldest friend. What do you like most about this person?

I have had some wonderful teachers in my life. Currently, I'm grateful for. . .

One person I don't talk to very often, but I know I can count on is. . .

I wouldn't be where I am today without this person's help and support. . .

What is something a friend or family member did today that made you grateful for them?

What is one food you are grateful for?

What is a favorite food you enjoy?

Talk about all the ways you are healthy.

What's something about your body or health that you're grateful for?

What's one of your personality traits that you're grateful for?

What skill(s) do you have that you're grateful for?

What are five personality traits that you are most thankful for?

What about your upbringing are you most grateful for?

Name 3 things that have happened to you that have strengthened your character and who you are today (positive or negative events).

List 2 struggles you experienced in life that you have overcome. What or who have helped you to overcome these trials?

What meals do you most enjoy making or eating?

What physical characteristics are you most grateful for?

Name 3 talents or qualities you have that you are grateful for.

Something you are good at doing

Something you wear that makes you feel good {clothes, jewelry, makeup, etc.}

Something that helps keep you healthy

Something that makes you unique

What do other people like about you?

List 10 skills you have that most people don't possess.

What is your favorite food you love to indulge in?

What body part or organ are you most grateful for today? (e.g., your eyes because you got to see a new movie)

What is the hardest thing you've had to do, which led to a major personal accomplishment?

What is one aspect of your health that you're more grateful for?

What is your favorite habit and why it is an important part of your daily routine?

List 10 qualities do you like about yourself.

What is a favorite drink that you like to enjoy each day?

What is a great recipe you've prepared that others rave about?

Are you a morning person or a night owl? What do you love most about this part of the day?

What is a personal viewpoint that positively defines you as a person?

What makes you beautiful?

How have you recently cared for your physical wellbeing?

How have you recently cared for your mental wellbeing?

What is something that comes easily to you, but is challenging for others?

A skill I have that makes me special is. . .

Three things about my health that have been going well for me are. . .

One way I have bettered myself in the past month is. . .

One piece of advice or a quote that has stayed with me is. . .

One body part that I love but often take for granted is my. . .

My favorite way to exercise is _____ because when I do it, I feel. . .

One way I have been trying to slow down is _____, and it has allowed me to appreciate. . .

One thing that always makes me feel better when I'm down is. . .

One way I'm better today than I was one year ago is. . .

What talents or abilities are you grateful for?

What's an accomplishment you're proud of?

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