

1. Name three things you are grateful for...
 - a.
 - b.
 - c.
2. What made you laugh or smile today?
3. I am grateful for my friendship with _____ because
4. I am grateful for who I am because...
5. What is a hard lesson that you were grateful to learn?
6. Name an aspect of your personality that you are grateful for?
7. What's the most beautiful thing you saw today?
8. What did you read or listen to today that added value to your life?
9. What was the most delicious thing you ate today?
10. What is an aspect of your physical health you feel grateful for?