

Gratitude

1. What is going right in my life right now?
2. When did I experience joy this week?
3. What is something you own that you are grateful for?
4. What is the nicest thing anyone has ever done for you?
5. What is the best compliment you ever received?
6. What is something that makes your life easier?
7. What is a memory that you are grateful for?
8. What is a challenge you've had to overcome that you are grateful for?
9. Who makes you feel happiest?
10. What do you want to feel grateful for, but have a hard time feeling grateful for?

