

Gratitude Prompts

Reflect on a food or meal that you enjoy.

What do you appreciate about it? How can you show gratitude for the people who grow, prepare and serve it?

Gratitude Prompts

Think about a place in nature that you find calming or inspiring.

What do you appreciate about this place? How can you show gratitude for the natural world?

Gratitude Prompts

Write down 3 things you're grateful for today.

They could be anything from a warm bed to sleep in to the sun shining outside. How does focusing on gratitude change your outlook on the day?

Gratitude Prompts

Write down one thing that you're looking forward to in the future.

What do you appreciate about this opportunity? How can you cultivate a sense of gratitude for the present moment as you work towards this goal?

Gratitude Prompts

Reflect on someone who has been there for you through thick and thin.

What are some specific things they've done for you that you're grateful for? How can you show your appreciation for them?

Gratitude Prompts

Think about a teacher or mentor who has positively influenced your life.

What specific things have they done to support and encourage you?
How can you express your gratitude to them?

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Write down 3 things you take for granted daily, such as access to clean water or a safe place to live.

How can you become more mindful of and grateful for these things?

Gratitude Prompts

Reflect on a fun experience you've had recently with friends or family.

What do you appreciate about the people you were with? How can you show your gratitude for their presence in your life?

Gratitude Prompts

Think about a skill or talent that someone else has that you admire.

What do you appreciate about this person's abilities? How can you express your gratitude for their inspiration?

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Reflect on a book or movie that has positively impacted you.

What do you appreciate about this story? How can you show your gratitude to the creators of this work?

Gratitude Prompts

Think about a challenge you've overcome in the past.

What do you appreciate about the lessons you learned from this experience? How can you use these lessons to help others?

Gratitude Prompts

Reflect on a pet or animal that has brought joy into your life.

What do you appreciate about this creature? How can you show your gratitude for their presence in your life?

Gratitude Prompts

Think about a time when someone complimented or gave you positive feedback.

How did it make you feel? Why do you think expressing gratitude when someone does something kind for you is important?

Gratitude Prompts

Reflect on a challenge you've faced recently.

What did you learn from this experience? How can you find gratitude even in difficult situations?

Gratitude Prompts

Think about a skill or talent you possess that you're grateful for.

How has this skill or talent helped you in your life so far? How can you use it to help others?