GRATITUDE PROMPTS

These prompts are designed to help you reflect on the positive aspects of your life and cultivate a habit of gratitude. Use them daily or whenever you need a boost of positivity.

- What are you grateful for today? Why does it matter to you?
- What is a small but meaningful joy you experienced today?
- What's a skill or ability you're grateful to have?
- Think of a moment in the past where you felt truly happy. What made it so memorable?
- Who is someone in your life that you're grateful for?
- What material possession are you thankful for? How does it bring value or joy to your life?
- Reflect on a challenge you faced recently. How has it helped you to grow?
- Think of a person who has made a positive impact on you recently. What did they do?