



# 34 GRATITUDE PROMPTS

Where did I see God move in my life?

What do I love about others?

What did I see that was beautiful?

What did I see that was generous?

How did I offer help to someone or something?

What made me smile / laugh?

What am I thankful for in this current season of life?

How did God move for good in something that was challenging?

What did I do that made someone else smile?

What did I take a picture of? Why?

How did someone make me feel welcome?

How did I make someone feel welcome?

What am I grateful for in my significant other?

How did someone show care/concern for me?

How did I show care/concern for another?

What struggle do you currently have? What about that struggle has made you grateful?

What talents/abilities are you grateful for?

What book/website/podcast/blog are you grateful for?

What do I love about myself?

What was positive on the news?

What was positive in my community?

What do I like about my body?

What made me laugh?

What made me laugh?

What food are you thankful for?

What medicine are you thankful for? Why?

What person or professional are you thankful for? Why?

What bit of information are you glad you know?

What am I grateful for in my friend or family member?

How will I improve my behavior tomorrow from what I learned today?

What did I learn today?

What did I learn today?

What memory am I grateful for?

What is something in my home I truly treasure?