

# Practicing Gratitude

1. What was the best thing that happened today?
2. Who am I grateful for in my life?
3. I love to... ( fill in with an activity that you love to do)
4. I am ... ( fill in with a word that describes how you feel ex. I am happy, I am healthy, I am well taken care of.. Etc. )
5. List something that makes you feel peaceful
6. Are you grateful for having a job, or a place to live, etc?
7. Something you found comfort in
8. Your favorite song
9. An event you are excited about or an opportunity you have received
10. Something positive about yourself that you admire, love and/or respect.

