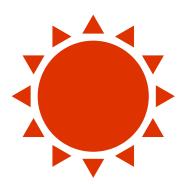
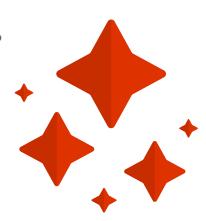
GRATITUDE QUESTIONS

- 1. What was the best part of the day?
- 2. When did I feel grateful today?
- 3. What made me smile today?
- 4. What made me laugh out loud today?
- 5. Who helped me today?
- 6. Who was kind to me today?
- 7. What insight did I gain today?
- 8. What did I learn today?
- 9. How am I better today than I was yesterday?
- 10. What did I read or hear today that added value to my life?
- 11. How did technology make my life easier today?
- 12. What activity did I most enjoy today?
- 13. What was the most delicious thing I ate today?
- 14, What did I enjoy listening to today?



- 15. What made me think, "That smells good!" today?
- 16. What was pleasant to the touch today?
- 17. What beauty did I see today?
- 18. What was one small victory I had today?
- 19. What simple pleasure did I enjoy today?
- 20. What act of kindness did I witness today?
- 21. What did I create today?
- 22. What skills did I use today?
- 23. What strengths did I apply today?
- 24. What weakness was I able to keep in check today?
- 25. How was I able to help others today?
- 26. How did I move an important goal forward today?
- 27. How was my body an ally today?
- 28. Who was I happy to meet with, chat with, or run into today?
- 29. What compliment did I receive today?



- 30. How did I feel appreciated today?
- 31. Who showed me affection today?
- 32. What positive emotions did I experience today?
- 33. What negative thoughts, beliefs, or emotions was I able to release today?
- 34. What opportunity presented itself today?
- 35. What obstacle did I overcome today?
- 36. What problem was I able to resolve today?
- 37. What negative was I able to turn into a positive today?
- 38. What's the silver lining to something that went wrong today?
- 39. What made me feel hopeful today?
- 40. How did I show gumption today?
- 41. How was I awesome today?
- 42. What positive habits did I engage in today?
- 43. What negative habits was I able to avoid today?



- 44. When did I feel love today?
- 45. When was I at peace today?
- 46. What did I do today that was fun?



- 47. What was something playful I did today?
- 48. How did I show myself compassion today?
- 49. What positive things did I notice about my surroundings today?
- 50. What made me appreciate my city, state (province), or country today?
- 51. When did I feel a sense of abundance today?
- 52. How did I feel connected to others today?
- 53. What is one positive thing I can say about today's weather?
- 54. What made me feel energized today?
- 55. What made me happy to be alive today?

