

What are you grateful to notice today?



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Think of one person you love. What are you grateful for about them?



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What are you grateful for about the weather right now?



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What made you smile today?



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Who are you grateful for because of their help this week?



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Close your eyes. Take a couple of deep breaths. Listen. What are you grateful for that you hear or don't hear?



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What song are you grateful for?



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What are you grateful for that fills your heart with emotion?



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What are you grateful for that your friends bring into your life?



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What skill are you grateful to have?



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