

Cultivate gratitude

- What song did you hear today that made you happy?
- Remember a time when a stranger made your day.
- Whose birthday do you most love to celebrate? (it's okay if it's your own)
- What food did you eat today that you loved?
- Name a person you are grateful for.
- What sounds makes you happy?
- How did the weather bring you joy today?
- Share a quote that speaks to your heart.
- Where did you see your favorite color today?
- When did you last feel absolute peace (if only for a fleeting second)?
- What amazing thing did your body do today?
- What physical sense is your favorite?
- How did technology help you today?
- Who made you smile today?
- Talk about your favorite drink.
- Describe how you feel after you exercise.
- Share what you love about where you live.
- What did you do for yourself today?
- What did you do for someone else today?
- What was the highlight of your day?
- How does your family make your life richer?
- How does your independence make your life richer?
- Describe your favorite hobby in a few words. (I bet it describes you, too!)
- What physical feature on your body made you feel good today?
- Tell someone you love them (even if it's only in your journal).
- Think of something you love about your pet(s).
- How does it feel when you have a grateful heart?
- What book brings you great joy?
- What movie brings you great joy?
- How do you feel when you hold an object you love?
- Talk about a moment in your life that was pure joy and light.
- Think of something little that brightened your day.
- What is your favorite day of the week?