



30 days of gratitude



FINDING A SMALL MOMENT OF JOY EVERY DAY

PROMPTS:

1. What are three things you are grateful for today?
2. Give someone a compliment. Just a few words can change the rest of someone's day. Write down who you complimented, what you said, and how they reacted.
3. What song or piece of music do you enjoy?
4. Be grateful with all five senses - what was something you experienced through sight? touch? taste? smell? sound?
5. Reflect on an experience that changed you for the better.
6. What talents do you have that you can share with others?
7. What are three things you are grateful for today?
8. Think of people who cheer you on, who believe in you and give you courage. Reflect on the people in your life you are especially grateful for today.
9. What is something you're proud of today?
10. Describe your favorite place in the world.
11. Sometimes, it's easier to think of big things to be grateful for. Today, think of small things (a cup that holds your coffee, a pen that's seen you through your most difficult exams). Write down three small things that add goodness to your life.
12. What made you smile today?
13. What do you appreciate about where you are right now?
14. What are three things you are grateful for today?
15. So many people work hard to help make the world around you. They might be friends or family or the people who make your meals or grow your food. Name five people who help construct your world and express your gratitude for them.
16. Record the simple ways you like to relax or find peace.
17. Which of your personality traits do you appreciate?
18. Your body works hard to move you through the day. Write down five things you did today and give thanks for what your body has done for you.
19. Reflect on an important person in your life and what you appreciate about them.
20. Describe a recent obstacle you have overcome and reflect on the skills, tools, and resources you used to do it.
21. What are three things you are grateful for today?
22. Showing compassion to someone reduces stress for both of you. Who in your life could use some compassion right now? Tell that person something you are hoping for them. Even a quick text, call, or email will bring good feelings to both of you.
23. What about your health or body do you appreciate?
24. What is something you are looking forward to?
25. What is something new you learned this week/month that you are grateful for?
26. What is the best piece of advice you have ever been given?
27. Reflect on a memory that brings you joy.
28. What is your favorite outfit and how does it make you feel?
29. What inspires you to keep going when things are tough?
30. Describe the last kind thing you did (without being asked, or for any reward).