

# 30 gratitude prompts

## I am grateful for...

1. Someone I have spoken to today.
2. A part of my body.
3. Something I have eaten.
4. Someone in my world.
5. A basic need - a roof over my head, food, petrol for the car.
6. Something I have read recently
7. Something that helps me to relax or feel comfortable.
8. A piece of technology I use.
9. The weather - sun, clouds, rain, snow, warmth, cold etc.
10. Something at my home.
11. A service that I have used recently.
12. Something that has made me smile.
13. Something that has made my heart sing.
14. A favourite memory.
15. Something I have seen or watched recently.
16. An experience or a place I have been to.
17. An opportunity I have had.
18. Something or someone I find funny.
19. A four-legged friend.
20. A two-legged friend.
21. Something that helps me feel energised.
22. Something specific to this season.
23. Something I can see outside at the moment.
24. Something that helps me organise things, life.
25. A saying or quote that resonates with me.
26. Something I have drunk recently.
27. Favourite place in nature.
28. Something I am looking forward to.
29. Something I have learnt recently.
30. Something that makes my life easier.



*Practicing gratitude can rewire your brain and help to come up with new solutions when facing challenges.*

