Gratitude prompts

STARTED _____

THIRTY TO START WITH, ONE A DAY, IN ANY ORDER

- ○ 1 What is one small thing from today you would have missed if you had been in a hurry?
- ○ 2 Who made your life easier this week, and how?
- ○ 3 What did your body let you do today?
- ○ 4 Which room in your home do you like best, and why?
- ○ 5 What is the weather doing today, and what is good about it?
- ○ 6 What part of your work or daily tasks do you enjoy most?
- ○ 7 Write about a difficult time you came through. What helped?
- ○ 8 Write about a favourite memory from childhood.
- ○ 9 What did you eat today that you really enjoyed?
- ○ 10 What kindness did you receive today?
- ○ 11 Describe today in three ordinary details you are glad of.
- ○ 12 What do you like about who you are today?
- ○ 13 Name an object you use every day and say why you are glad it exists.
- ○ 14 Write about a friend who knows you well. What do they understand about you?
- ○ 15 Which of your senses are you most grateful for today, and why?
- ○ 16 What makes a place feel like home to you?
- ○ 17 Which season suits you best, and why?
- ○ 18 Write about a skill you are glad you learned.
- ○ 19 What strength did you find in yourself that you did not know you had?
- ○ 20 Which birthday do you remember best?
- ○ 21 Who taught you to cook something?
- ○ 22 What kindness did you give today?
- ○ 23 What is good about a day when nothing special happens?
- ○ 24 Write about a quality in yourself you are grateful for.
- ○ 25 Which ordinary smell makes you feel at home?
- ○ 26 Which family member taught you something you still use?
- ○ 27 Write about the best night of sleep you can remember.
- ○ 28 Write about a home from your childhood. What do you remember fondly?
- ○ 29 Write about a tree you know well.
- ○ 30 Who has taught you the most about doing good work?

Today

DATE _____

THREE GOOD THINGS, A PROMPT, A KINDNESS

TODAY'S PROMPT, FROM THE LIST

THREE GOOD THINGS TODAY

1

2

3

A KINDNESS, GIVEN OR RECEIVED

Writing prompt

DATE _____

What is one small thing from today you would have missed if you had been in a hurry?

Writing prompt

DATE _____

Who made your life easier this week, and how?

Writing prompt

DATE _____

What did your body let you do today?

Writing prompt

DATE _____

Which room in your home do you like best, and why?

Writing prompt

DATE _____

What is the weather doing today, and what is good about it?

Writing prompt

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Writing prompt

DATE _____

Write about a difficult time you came through. What helped?

Writing prompt

DATE _____

Write about a favourite memory from childhood.

Writing prompt

DATE _____

What did you eat today that you really enjoyed?

Writing prompt

DATE _____

What kindness did you receive today?

Writing prompt

DATE _____

Describe today in three ordinary details you are glad of.

Writing prompt

DATE _____

What do you like about who you are today?

A thank-you letter

TO

WRITTEN ON