STARTED

Gratitude prompts

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.

Gratitude prompts, continued

- [ ] 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?

DATE

Today

TODAY'S PROMPT, FROM THE LIST

THREE GOOD THINGS TODAY

1

2

3

A KINDNESS, GIVEN OR RECEIVED

DATE

Writing prompt

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

DATE

Writing prompt

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Writing prompt

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Writing prompt

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Writing prompt

What kindness did you receive today?

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Writing prompt

Describe today in three ordinary details you are glad of.

DATE

Writing prompt

What do you like about who you are today?

A thank-you letter

TO

WRITTEN ON