

# Gratitude Prompts

Gratitude is the appreciation of what you have had and what you have right now. Studies show that practicing gratitude leads to:

1. *Increased Happiness*
2. *Better Sleep*
3. *Improved mental health*
4. *Improved relationships*
5. *Increased resilience*

## Childhood

1. Describe your happiest childhood memory?
2. Describe a family tradition that you are most grateful for?
3. Who is a teacher or mentor that has made an impact on your life and how did they help you?
4. What is the biggest lesson you learned in childhood?

## Personal

1. What is one aspect of your health that you're more grateful for?
2. When was the last time you had a genuine belly laugh and why was it so funny?
3. List 3 skills you have that most people don't possess.
4. What is the hardest thing you've had to do, which led to a major personal accomplishment?

## Relationships

1. Describe your oldest friend. What do you like most about this person?
2. Who made you smile in the past 24 hours and why?
3. What do other people like about you?
4. If you're single, what is your favorite part about being single? Or if you're married, what is your favorite part about being married?

## Material

1. List 3 of your favorite possessions.
2. Describe a favorite outfit and why you feel great when wearing it.
3. List 3 items that you take for granted, which might not be available to people in other parts of the world (i.e. Clean water, electricity, etc.)
4. What gift did you enjoy receiving in the past year?