

A short list of gratitude prompts to get you started.

- Who made you smile today?
- What are 3 things you saw today that made you happy?
- I'm grateful for these 2 family members
- What do you like about this season?
- I'm grateful to have time for
- Who is a friend you are grateful to have in your life?
- I'm grateful that my body is
- What are you grateful for in your home?
- What did you notice in nature today that you're grateful for?
- I'm grateful for the opportunity to

Good luck and once you get started you will continue to notice more and more things in life to be grateful for.