

30 THANKFUL THOUGHTS

When you focus
on the good, the
good gets better.
- Abraham Hicks

1. What are you most grateful for today?

2. Write your own gratitude mantra - a quick statement you can repeat often.

3. Write about something kind someone has done for you.

4. List each person in your family and something about each of them that makes you happy.

5. What part of your morning routine are you most grateful for?

6. What song are you grateful for?

7. Look around you and list everything you see that you appreciate.

8. List the personal qualities you have that you feel grateful for.

9. What season do you enjoy the most?

10. We have all had "happy accidents" - a chance meeting, etc. What is your happiest accident?

11. What is the absolute best thing about your home or where you live?

12. Which friend do you admire and why?

13. What are you most grateful for today, at this very moment?

14. Life is never perfect - list some of your flaws and why you appreciate them.

15. Name one positive thing that happened today.

16. What gift have you given yourself that you are most grateful for?

17. What is something you absolutely can't live without? List every detail why you adore it.

18. What was the best compliment you have received.

19. List your 3 greatest strengths and why you are grateful for them.

20. Think about what is most challenging in your life right now. Name as many positive aspects of it as you can.

21. What personal accomplishment are you grateful for?

22. What is a rejection you experienced that turned into something positive?

23. Think of something - anything - that makes you smile. What do you love about it?

24. What is one of your passions?

25. Describe a friend and all the attributes they have that make you glad to know them.

26. Think of a happy memory and why you are grateful for it.

27. List a bill you have to pay. How does this make you feel grateful?

28. What is something you are looking forward to?

29. If you were to write a thank you letter to five influential people in your life, who would they be?

30. Think about this past month. How has it brought you joy?