

# Gratitude Thought Starters

What are you grateful for today?

What was a highlight from today?

Describe a happy moment  
from your day

What made you smile today?

What was a song that made  
you happy today?

Who are you grateful for?

Who would you like to thank?

Name something that  
made you happy today

Describe one thing that  
you are really good at

What made you laugh today?

What did you learn today  
that you are grateful for?

Finish this sentence: Today  
was wonderful because ...

What are you proud of?

How did you help someone today?

What is something that you  
might take for granted that  
you are grateful for?

Describe something  
beautiful around you

Describe how someone  
helped you today

Describe a memory you cherish

Describe a mistake you're  
glad to have made

What do you love about  
your family?

What do you love about  
your friends?

Describe one of your  
positive qualities

What was fun about today?

Describe an interest or activity  
that makes you happy

When you look outside, what do  
you see that you are grateful for?

Name a beautiful gift you  
have received and describe  
why it was beautiful

Name a thoughtful gift you  
gave to someone else

What is a tradition  
(at school or in your family)  
that you are grateful for?

What is a positive thought  
you've had today?

What talent or skills do you  
have that you are grateful for?

Name someone who has taught  
you something and describe  
how that made you feel

Name a book you love  
reading and why

Name a film you loved  
watching and why

Describe a time a  
stranger helped you

Describe something that you do  
every day that you're grateful for

What is something that you have  
achieved of which you are proud?

Who or what inspires you?

What opportunity are  
you grateful for?

