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Gratitude Prompts

In this activity you will take a moment to take some deep breaths while thinking about various questions or prompts that allow us to make space for the positive or meaningful parts of life.

For some it is easy to get stuck in the loops of worry or negative thoughts and try using this as a way to disrupt these patterns. Remember we are not trying to minimize the hardships, but make space for both.

Sequence:

- Get in a comfortable position.
- Close your eyes or gaze at something neutral.
- Take 5 abdominal or belly breaths.
- Pick a number from 1-50.
- Drop down number you picked below.
- Allow yourself to reflect on the prompt internally, write, speak, or whatever you find helpful.
- Take 5 abdominal or belly breaths.
- Repeat by picking another number or end the practice.

Gratitude Prompts:

1. Respond to this "I am grateful for _____."
 - Repeat this 10 times trying to come up with something different even if it is starting small focusing on the immediate area.
2. Focus your attention on something troubling you (start small)
 - Acknowledge the unpleasantness of it and ask yourself if there is an opportunity to appreciate some part of it. Such as you may be upset it is too cold outside to go outside. However, this allows you to embrace a rest day with a book or new show.
3. Reflect on someone who has taught you something meaningful or helpful in the past or present?
4. Write one good thing that happened to you today.
5. What are five personality traits that you are most thankful for?
6. What about your upbringing are you most grateful for?
7. What is one thing you are excited about making time for?
8. Name 5 things you are currently doing well?
9. What family members or friends are you most grateful for? Write about what makes them special.
10. What is something nice another person did for you today or this week?
11. What is something nice you did for another person today or this week?

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12. Who or what in your life are you happy to have let go?
13. List 3 of your favorite songs that boost your mood?
14. Think of 1-3 people that irritate you or you have trouble getting along with. What irritates you most about them? Now list 3 positive notes or qualities about each person.
15. What were your 3 best days? Write a small paragraph about each day.
16. List 3 movies, shows, games, or books that have made an impression on you?
17. What were your worst three days? Write a small paragraph about each day and think how much better off you are now.
18. Write the top 10 things in your life that cause you stress. For each stress factor, write what you can do to change it.
19. Reflect on 5 memories that are important and/or have made an impact on you?
20. Think about the worst period you went through in your life and list 10 ways life is better now than it was then.
21. What are irritations in your life that could use a change in perspective? Can you take less seriously, find humor in? How can that change have a positive effect on your life?
22. List something good that has recently caught your attention to make you realize how fortunate you are.
23. Think about the qualities of the people you admire. List these qualities and how you can incorporate them into your life.
24. List 3 people and/or things you feel that you take for granted. How can you express more appreciation for these things or people?
25. What friends are you most grateful for having? List what makes each friend special.
26. List 3 things you could do today to be a kinder person.
27. Name 3 things that always put a smile on your face.
28. What is the most beautiful place you have been to? Relive being in this place now.
29. What are your biggest accomplishments?
30. What do you really appreciate about your life?
31. Name 3 things that you can start doing today to express your gratitude to others? (helping, volunteering, donating, etc).
32. What has been the highlight of your day today?
33. What things do you own that make life easier?
34. Name 3 things that have happened to you that have strengthened your character and who you are today (positive or negative events).
35. List 2 struggles you experienced in life that you have overcome. What or who has helped you to overcome these trials?
36. List 5 things you love about your home.
37. What 3 things do you love about the town, area, or neighborhood you live in?

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38. What about nature are you grateful for?
 39. What about your career or job are you grateful for?
 40. What things made you laugh this week?
 41. Reflect on 5 places that are important and/or have made an impact on you?
 42. Write about something you saw recently that warmed your heart.
 43. Write about a time someone went out of their way to help you.
 44. Think about a time that you went out of your way to help someone.
 45. Think of 3 times that pure luck or grace has saved you. Write a paragraph about each and focus on who and how the events took place.
 46. Make a list of 20 ways you are fortunate.
 47. What meals do you most enjoy making or eating?
 48. What physical characteristics are you most grateful for?
 49. Name 3 talents or qualities you have that you are grateful for.
 50. How can you continue being more thankful?

Begin to add your own prompts:

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