

gratitude prompts

love- partner, parent, child, friend, pet

conversation- phone, text, email that brought you joy

nature- tree, clouds, blue skies, birds chirping, water

weather- sunny day, rainy day

creative- paint, cook, write

house- clean? decorate? peaceful spot you love?

*food- eat something delicious? try something new?
nourishment?*

kind action- yours, someone else's?

guilty pleasure- reality show? decadent ice cream?

jalapeno potato chips?

drink- warm cup of coffee, cold iced tea on a hot day,

crisp glass of rose

*pop culture- book you enjoyed? movie?
song? play?*

*kids- snuggles? 10 min respite?
said something funny?*

health- yours, partner, kids