

1. What artist, author, or musician are you grateful for?
2. What about my neighborhood/city/etc. am I thankful for?
3. Open the door or window and look outside. What's something you are grateful for?
4. Pick a random photo, and write about why you're grateful for that memory.
5. What relationships am I grateful for?
6. What have I learned lately that I'm grateful for?
7. List all of the people who helped you this week that you are thankful for.
8. What experiences have I had that I am grateful for?
9. Think about a fun outing you had with family or friends, what about that outing made you thankful?
10. Describe your favorite outfit, why do you like it?
11. What opportunities to help others am I grateful for?
12. Who am I thankful for today?
13. What public service or organizations are you grateful for (i.e. the library or fire department)? Why?
14. What abilities do I have that I am grateful for?
15. What am I able to offer that I am grateful for?
16. What mistake or failure are you grateful for?
17. What's something you witnessed recently that reminded you that people are good?
18. What am I grateful for about my home?
19. What do I normally take for granted that I am grateful for (clean and readily available drinking water? flush toilets? an abundance of food?)
20. What did you accomplish today, big or small?
21. Write about a time you were grateful that someone was understanding.
22. What possessions are you grateful for that bring real value to you?
23. What can I hear right now that I am thankful for? (birds? music? friends laughing?)
24. What is there about the challenges I have experienced that I can be thankful for?

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