

Gratitude

1. What is one ordinary thing that today better?



2. Who supported me recently, even in a small way?



3. What part of my routine makes life easier?



4. What opportunity am I grateful to have?



5. What place makes me feel calm?



6. What personal strength am I grateful for?



7. What lesson from a difficult experience am I thankful for?



8. What small moment would I like to remember?



9. What ability or skill do I appreciate having?



10. What is something I often overlook but value?

