

TRY BOTH SOLO AND SHARED GRATITUDE ACTIVITIES

SOLO REFLECTION



WORKS BETTER ALONE:

Quiet reflection
after a rough week
doesn't need an
audience.

SHARED CONNECTION



GETS BETTER WITH COMPANY:

Swap prompts with
a partner. Use it at
a family dinner,
or with friends.

It's noticing what usually goes unsaid.
The goal was never a deep, heavy
conversation.

It's too casual? It isn't.

SAVE THIS PIN
to explore both practices.