

1) What made you smile?	2) What made you laugh?	3) What is something beautiful you saw today?	4) What made you think?	5) What challenged you?	6) What left you daydreaming?
7) What's your favorite sense?	8) A smell?	9) A person?	10) A song?	11) A food?	12) A book?
13) A place?	14) A pet?	15) Do you have a form of transportation?	16) Do you have a job?	17) Do you roof over your head?	18) Do you have someone that you love?
19) Did you get to sweat today?	20) Did you get any alone time today?	21) Did you eat something yummy?	22) Did you experience an act of kindness?	23) What is something special about yourself?	24) Did you get a moment of silence?
25) Did you feel the sunshine?	26) Did you experience nature?	27) Are you grateful for the internet?	28) What opportunity are you grateful for? Recent or past.	29) A favorite memory?	30) Something you do every day?

G
R
A
T
I
T
U
D
E

