

A MOMENT OF GRATITUDE

Use these gratitude prompts to help you focus on the good as you put pen to paper. Print out as many times as you like and enjoy the benefits of a regular gratitude practice.

WHAT WAS SOMETHING THAT MADE YOU SMILE TODAY?

WHO ARE YOU GRATEFUL TO HAVE IN YOUR LIFE?

WHAT IS ONE THING YOU'VE LEARNED RECENTLY?

WHAT ARE YOU GRATEFUL FOR TODAY?

ENJOY THE LITTLE THINGS,
FOR ONE DAY YOU MAY LOOK
BACK AND REALISE THEY WERE
THE BIG THINGS.

ROBERT BRAULT