

Grateful Conversation Starters

1. What am I grateful about in my life right now? Why?

✂ _____

2. What blessings does nature offer in my life?

✂ _____

3. What situation is offering me the opportunity to handle it gracefully?

✂ _____

4. What has surprised me lately?

✂ _____

5. What makes me hopeful?

✂ _____

6. When I consider a difficult situation and the impact it had on me, can I identify an aspect of the situation (or impact) that I can feel grateful about?

✂ _____

7. Who inspires me? How?

✂ _____

8. What unexpected things have brought me gratitude?

✂ _____

9. What challenging situations have brought out the best in me?

✂ _____

10. Who might I be wrong about?

✂ _____

11. What act of kindness did I notice or experience today?

✂ _____

12. What can I commit to not taking for granted from this moment forward?