

Gratitude to Improve Sense of Well-Being

By Natalie Bradley, MS, CRC

(Adapted from "Gratitude Suggestions" by www.TextMyJournal.com)

"Grateful" means something that you appreciate, welcome and are thankful for.

If you write down a few things that you are grateful for each day, you might find yourself feeling better!

What sense are you grateful for? (hearing, sight, smell, touch)

What technology are you grateful for? (phone, car, computer, calculator)

What color are you grateful for?

What food are you grateful for?

What sound are you grateful for?

What singer or band are you grateful for?

What song are you grateful for?

What in nature are you grateful for? (birds, trees, flowers, plants)

What memory are you grateful for?

What book are you grateful for?

What place are you grateful for?

What taste are you grateful for?

What holiday are you grateful for?

What abilities are you grateful for?

What sights are you grateful for?

What season are you grateful for?

What knowledge are you grateful for?

What piece of art are you grateful for?

Who in your life are you grateful for?

What story are you grateful for?

What tradition are you grateful for? (family, holiday, faithful traditions)

What challenge are you grateful for?

What moment today (or this week) are you most grateful for?

What form of expression are you most grateful for? (art, emotion, laughter, dance)

What small thing that happened today are you most grateful for?

What friend or family member are you most grateful for?

What talent or skill do you have that you are most grateful for? (organized, artistic, a hobby, cooking)