

THIS LITTLE ESTATE
PRESENTS

GRATITUDE PROMPTS

FOR FAMILY DISCUSSIONS &
JOURNALLING

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GRATITUDE
PROMPTS

*We have the power to
change our attitude by
remembering the power
of our gratitude!*

A photograph of a peaceful pond surrounded by lush green trees and foliage. In the foreground, three children are standing on a grassy bank, looking across the water. A duck is swimming in the pond, and its reflection is visible. The scene is bathed in soft, natural light, creating a calm and inviting atmosphere.

GRATITUDE PROMPTS

QUESTIONS THAT CULTIVATE CALM DURING UNCERTAINTY

GRATITUDE PROMPTS

1. What is something that made you smile today?
2. What is your favourite thing to do when you wake up in the morning?
3. What is something you found funny today?
4. Where has your favourite vacation been?
5. Name someone who has given you the gift of friendship?
6. Who did you offer help to today?
7. What is the most beautiful place you've ever been to?
8. Name an act of kindness someone showed you?
9. What is an interesting thing that you've learned recently?
10. What is your favourite memory with a family member/sibling? Grandparent?
11. What part of the weather are you grateful for today?
12. What is something cool you learned about recently?
13. What is the best thing your parents have ever let you do?
14. What is the funniest joke you have ever been told?
15. What is a favourite activity you've done lately?
16. Name someone who has taught you something you value?
17. Favourite website you are most grateful for?
18. What do you like most about your family?
19. What is one thing you've done in your past that you are proud of?
20. Who made you feel important today?
21. What is the best thing you have created lately?

GRATITUDE PROMPTS

22. What is something you use everyday and are grateful for?
23. What is an element of nature that has caught your eye?
24. Name a person who has changed your life for the better and why?
25. Who is someone who inspires you?
26. What is your favourite game or sport and why?
27. What has been the best thing you have ever let go of?
28. What is one thing that relaxes you that you are grateful for?
29. What is the last thing that made you laugh?
30. What is a helpful action you have done for a stranger?
31. What caught your attention and made you realize how fortunate you are?
32. What talents do you have that enrich your life?
33. Name a person who has impacted your past and why?
34. What is the most interesting thing you have ever done?
35. What is something you say to yourself that helps you relax?
36. When was the last time you spent quality time with an animal?
37. What was the highlight of your day today?
38. What was the best thing you have eaten lately?
39. What is one simple way to get rid of stress that works for you?
40. Name someone who you aspire to be like?
41. What do you really appreciate about your life right now?

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42. What is something interesting that you've learned?
43. What makes you feel peaceful when you experience anxiety?
44. What do you like most about yourself?
45. What is your favourite at school memory and why?
46. What technology do you use that has enriched your life?
47. What book are you most thankful for and why?
48. What was some good advice someone has given you?
49. When was the last time you did the right thing even when it was hard to do?
50. What difficult experience have you learned from?
51. What is that one thing you have in your room that makes you feel at peace?
52. What part of your personality are you most grateful for?
53. What is your favourite hobby and why?
54. What is the best backyard activity to play and why?
55. Name a type of animal that you are thankful for and why?
56. What is something that cheer you up on a hard day?
57. What are you grateful for about your home?
58. What is the biggest thing you have ever accomplished?
59. Name a person whose love you never doubt and why?
60. What is a quote or saying that you or someone else says that encourages you?
61. What is your favourite thing about the current season we are in?
62. Who thanked you today?

GRATITUDE PROMPTS

63. What is the most thoughtful action you have done for a relative?
64. What is your superpower and why?
65. Who was the last person to give you a compliment?
66. What are some things that bring you comfort when it is time for bed?
67. What is the best movie you have ever watched and why?
68. What was the kindest thing you've ever been told?
69. What is a memory that makes you giggle?
70. Name a person in your life who makes you feel special and how do they do it?
71. What is something you have been taught that you will never forget?
72. What is the funniest book you have read and why?
73. What is your favourite type of weather and why?
74. Name a friend who lets you be your natural self?
75. What is the subject at school you love the best and why?
76. What is a song that makes you want to dance?
77. If you could spend a day doing anything, what would it be?
78. What is your favourite sweet snack?
79. When was the last time you laughed until your face hurt?
80. What is your favourite book of all time and why?
81. What is a memory that makes you laugh out loud?
82. What do you really appreciate about your current situation?
83. What is the coziest spot in your home and why?

GRATITUDE PROMPTS

84. What is the best gift someone has ever given you?
85. Name a teacher who brightened your day and why?
86. Tell us about a time where you felt truly appreciated?
87. What is something you have said to someone to make them smile?
88. What is an accomplishment you are proud of making?
89. What is something embarrassing you have done that ended up being funny?
90. When was the last time you set a goal for yourself and made it happen?
91. What has been your best childhood memory and why?
92. What is your favourite holiday season and what do you love most about it?
93. What is one thing you want to accomplish this year that will make you a better person?
94. Name someone who makes you feel understood and why?
95. What is your favourite way to spend a free afternoon?
96. What are some things you are thankful for at the end of the day?
97. What is the best thing you have ever eaten and why?
98. When was the last time you felt really cute/beautiful and why?
99. Who is that last person that made you something and what was it?
100. What is one quality your friends and family admire about you?

GRATITUDE
PROMPTS

*To that one soul who is tired.
who feels like they can't do it.
Keep fighting.*

B. GIER

GRATITUDE PROMPTS

WE ARE STRONGER TOGETHER.

SHARE WITH A FRIEND OR FAMILY MEMBER
TO ENCOURAGE CONNECTION
AND POSITIVE THINKING..



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