

GRATITUDE PROMPTS



1. A **strength**  of mine for which I am grateful is...
2. Something **money can't buy**  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is... 
5. Something **in nature**  that I'm grateful for is...
6. **A memory**  I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...



Thank You!



Thank you for downloading this resource!

I love creating tools that invite young people to voice & shape their authentic, strong, vulnerable & brave selves and that hopefully make your job easier (and more fun), too!

Please contact me with any questions, requests, or feedback at: wholeheartedschoolcounseling@gmail.com

Joy to You! -Anta

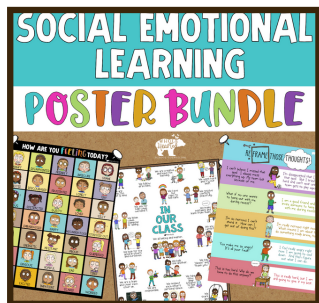
About this Resource

Practicing gratitude cultivates joy and positivity, key feelings that lay a foundation from which to create an empowered life. Focusing on what we appreciate is also a healthy coping skill for when times feel overwhelming and get tough.

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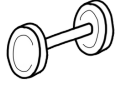






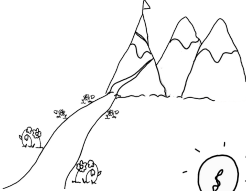


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