

Gratitude Questions to Help You Count Your Blessings

1. Who was kind to you today?
2. What did you enjoy doing today?
3. Who helped you today?
4. Who did you help?
5. What is the best thing that happened today?
6. What simple thing made today a good day?
7. What did you learn today?
8. Who made you smile today? What did they do?
9. What did you learn from a bad experience?
10. How did technology make your life easier?
11. Who made you feel important today?
12. Who or what made you happy today?
13. What was your favorite taste smell, touch, sight, or sound from the day?
14. What do you like about your neighborhood?
15. Who forgave you? Who did you forgive?
16. What did you do today you couldn't do yesterday?
17. Who thanked you today? How did it make you feel?
18. Who loves you? Who do you love?
19. Where did you see God at work today?
20. What are you most thankful for today?

