

# 50 DAYS OF GRATITUDE

1	What are you grateful for today?	
2	Who made you smile recently and why?	
3	Name a place that makes you happy.	
4	What is something kind someone did for you?	
5	What's your favourite thing about your family?	
6	Name a friend you're thankful for.	
7	What's a fun activity you enjoyed recently?	
8	What is something you're proud of?	
9	Name a pet or animal you love.	

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10	What's a special memory you're thankful for?	
11	What's something you're grateful for about your home?	
12	Name a favourite book or story.	
13	What's a song or piece of music that makes you happy?	
14	What's a nice thing someone said to you?	
15	Name a skill or talent you're glad to have.	
16	What's a favourite thing to do outside?	
17	Who is someone you look up to?	
18	Name a tasty meal or snack you enjoy.	

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19	What's a new thing you've learnt recently?	
20	What's something you're thankful for at school or college?	
21	Name a happy moment from today.	
22	Who makes you feel safe and loved?	
23	What's a positive thing about your day?	
24	Name a place you'd love to visit.	
25	What's a recent accomplishment you're proud of?	
26	What's something you like about your appearance?	
27	What's a funny or silly thing that happened?	

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28	Who do you enjoy spending time with and why?	
29	Name a tradition or celebration you like.	
30	What's something you're thankful for in nature?	
31	What's a positive change you've made?	
32	Name a gift you received that made you happy.	
33	What's a place at home where you feel relaxed?	
34	Who is someone you want to thank?	
35	Name a fun thing you did with family or friends.	
36	What's your favourite thing about yourself?	

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37	Name a moment when you felt brave.	
38	What's something kind you'd like to do for someone else?	
39	Who is someone you enjoy talking to?	
40	What's a good thing that happened this week?	
41	What's a goal you're excited to achieve?	
42	Name a nice thing about your personality.	
43	My favourite smell.	
44	Who helps you when you need support?	
45	My favourite season and why?	

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46	My favourite type of weather.	
47	What's a fun thing you're looking forward to?	
48	My favourite holiday destination.	
49	What's something you're proud of learning?	
50	Finish the sentence: "Today, I am grateful for..."	