

Gratitude prompts

Use these ideas to start you off on making your own statements of gratitude.

- I'm glad that...
- I'm grateful for / that...
- I appreciate...
- I'm pleased that...
- I love that...
- I'm enjoying...
- I had fun...
- I really enjoyed...
- I'm delighted that...
- I'm excited to...
- I'm looking forward to...
- I really like / liked...
- I'm impressed that...
- Today's [something] was...
- Today is / was...
- I love...
- I feel like...
- Going [somewhere] was...
- Playing/eating/watching/doing [something] was...
- It was nice to / that...
- I had a [something] day
- The best thing about...
- I'm tickled that...
- I am blessed to have...
- I like the idea of...
- Having [something] was...
- Thank you for...
- I'm proud of [someone] for...
- I'm keen to...
- Our [something] was...

Not all of these are exactly about gratitude, but they are about generating good feelings which all contribute to your well-being. Have fun with it and make up your own!