

Gratitude Starters

Use the cues below as journal prompts or conversation starters to help foster an attitude of gratitude!

Who in your life has helped you to become a better person?



Describe a time when you felt a sense of awe or wonder.



What aspects of your city, neighbourhood or community are you most grateful for?



What is something you use every day that you take for granted?



When was the last time you belly-laughed? What happened and who was there?



Who in your life has made you feel loved?



Recall a kind act someone did for you that made a positive difference.



Who in your life has believed in you or spurred you on?



Describe a routine or ritual that gives you comfort.



Describe a time when someone gave you a chance.



Outline a past challenge that you've overcome that taught you something positive.



Recall a voice, song or sound that brings you joy.

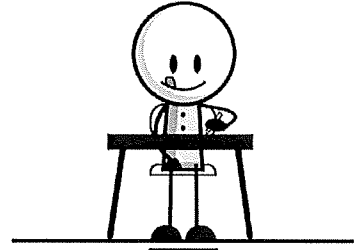


Gratitude Letter

Did you know...? Writing a gratitude letter improves the wellbeing of the writer and receiving a gratitude letter improves the wellbeing of the recipient.

Write a personal gratitude letter to someone who has made a difference in your life and give it to them. Remember that a good letter:

- is personal and personalised
- is genuine and heartfelt
- takes time to write
- is often handwritten
- indicates that love and care have gone into writing it



A large rectangular area with rounded corners, containing 20 horizontal lines for writing a letter.