



Rekindling Podcast Ep #192

Dwelling in Gratitude

1. Write down one good thing that happened to you today.
2. What are 5 personality traits that you are most thankful for?
3. What about your upbringing are you most grateful for?
4. Name 5 things you are doing well currently.
5. What is something nice another person did for you today or this week?
6. What is something nice you did for another person today or this week?
7. Name 3 things that always put a smile on your face.
8. What is the most beautiful place you have been to? Write about this place.
9. What are your 10 biggest accomplishments?
10. What do you really appreciate about your life?
11. What friends are you most grateful for having? List what makes each friend special.

12. Name 3 things that have happened to you that have strengthened your character and who you are today (positive or negative events).
13. List 2 struggles you experienced in life that you have overcome. What or who has helped you to overcome these things?
14. List 5 things you love about your home.
15. What 3 things do you love about the town, area, or neighborhood you live in?
16. What 5 things in nature are you grateful for?
17. What makes you appreciate your job or career the most?
18. List 3 qualities you admire about yourself.
19. What are 10 items you own that make your life easier (technology, appliances, etc.)?
20. What's your favorite smell in the whole world? Write down how it stirs your senses and provokes your emotions.
21. Pick your favorite teacher or professor from your past or present and write about what makes them special.
22. What is something beautiful you saw yesterday or today?
23. Name and write about someone you've never met, but who has helped your life in some way.
24. How is your life better today than it was a year ago?

25. Write about someone at work who makes your life better.
26. If you're single, what is your favorite part about being single?
Or if you're married, what is your favorite part about being married?
27. What body part or organ are you most grateful for today?
28. What is the hardest thing you've had to do, which led to a major personal accomplishment?
29. What is one aspect of your health that you're very grateful for?
30. List 10 things you have now that you didn't have 5 years ago.