

50
REASONS TO BE
Grateful

a gratitude list to cultivate
joy



Name:

My Gratitude List



1. A strength of mine for which I am grateful for is
2. Something that money can't buy for which I am grateful for is
3. A person who makes me laugh for whom I am grateful for is
4. A relationship that I'm grateful for is
5. A personal characteristic of mine that I'm grateful for is
6. A moment that I am grateful for is
7. A historical figure I am grateful for is
8. Something that grows that am grateful for is
9. Something that helps me feel better that I am grateful for is
10. Something interesting that I am grateful for is
11. Something that happened this past week that I am grateful for is
12. Someone who listens to me for whom I am grateful for is
13. Something that I am looking forward to that I am grateful for is

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14. I am grateful for my body because

15. A goal that I am grateful for is

16. I am grateful to know about

17. Something silly I am grateful for is

18. Something in nature I am grateful for is

19. A song I am grateful for is

20. A game I am grateful for is

21. A sound I am grateful for is

22. A taste I am grateful for is

23. A memory I am grateful for is

24. Foods I am grateful for are

25. A color I am grateful for is

26. A friend I am grateful for is

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27. A book I am grateful for is

28. A talent of mine I am grateful for is

29. An emotion I am grateful for is

30. Technology I am grateful for is

31. A teacher I am grateful for is

32. I am grateful for my family because

33. I am grateful for my friends because

34. A movie I am grateful for is

35. Something that is quiet that I am grateful for is

36. A kind act I am grateful for is

37. I am grateful that I can

38. Something that happened today for which I am grateful for is

39. Someone who has helped me for whom I am grateful for is

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My Gratitude List



40. An experience that I am grateful for is

41. Something that makes me smile that I am grateful for is

42. Something that I have accomplished that I am grateful for is

43. During spring I am grateful for

44. During the summer I am grateful for

45. During the fall I am grateful for

46. During the winter I am grateful for

47. Something that helps me feel strong that I am grateful for is

48. A gift I am grateful for is

49. A place I am grateful for is

50. A challenge I am grateful for is