

**Thankful
Mentoring Conversation Sheet**

1. What do you sometimes feel like complaining about?
2. What does it mean to be grateful?
3. Do you agree with the song that you are So Blessed?
4. How are you so blessed?
5. Are you thankful for these blessings?
6. How do you express or show that you are thankful?
7. Can you be thankful even when you are at your worst? How?
8. Have you seen someone who showed gratitude even when they had very little or when they were suffering or lost a loved one?
9. What was the situation and how did this person remain thankful?
10. What can we learn from these people who showed thankfulness even during their hard time?