

Gratitude Reflection

Today: What's one thing that you're grateful for today?

Home: What is one thing you appreciate about your current home?

Arts: What is a creative work (film, show, music, etc.) that brings you enjoyment?

Me: What aspect of your body/health do you appreciate?

City: What is a favorite thing about your city?

Faith: What are you thankful for about your faith?

Family: What is one thing about your upbringing that you appreciate?

Opportunity: What is one life experience that you're grateful for having?

God: Describe a time that you experienced Divine peace, hope, comfort or encouragement.