At this point you should be super grateful for... What else would you add to the list?

**DISCUSSION QUESTIONS FOR END OF YEAR**
1. What did you value about doing this exercise?
2. What did you learn about yourself while doing this exercise?

**DAILY GRATITUDES**

1. List 3 things you are grateful for about your parents.
2. List 3 things you are grateful for about your family.
3. List 3 things you are grateful for about friendship.
4. List 3 things you are grateful for about your enemies.
5. List 3 things you are grateful for about your sense of sight.
6. List 3 things you are grateful for about your sense of hearing.
7. List 3 things you are grateful for about your sense of smell.
8. List 3 things you are grateful for about your sense of touch.
9. List 3 things you are grateful for about your sense of taste.
10. List 3 things you are grateful for about your body.
11. List 3 things you are grateful for about your health.
12. List 3 things you are grateful for about your school.
13. List 3 things you are grateful for about your teachers.
14. List 3 things you are grateful for about the earth.
15. List 3 things you are grateful for about time.
16. List 3 things you are grateful for about music.
17. List 3 things you are grateful for about TV.
18. List 3 things you are grateful for about your cell phone.
19. List 3 things you are grateful for about technology.
20. List 3 things you are grateful for about books.
21. List 3 things you are grateful for about nature.
22. List 3 things you are grateful for about rain.
23. List 3 things you are grateful for about the sun.
24. List 3 things you are grateful for about vacation.
25. List 3 things you are grateful for about grocery stores.
26. List 3 things you are grateful for about animals.
27. List 3 things you are grateful for about pets.
28. List 3 things you are grateful for about your bed.
29. List 3 things you are grateful for about your mistakes.
30. List 3 things you are grateful for about your wins.
31. List 3 things you are grateful for about your disappointments.
32. List 3 things you are grateful for about your losses.
33. List 3 things you are grateful for about your tears.
34. List 3 things you are grateful for about your fears.
35. List 3 things you are grateful for about your pain.
36. List 3 things you are grateful for about snow.
37. List 3 things you are grateful for about movies.
38. List 3 things you are grateful for about strangers.
39. List 3 things you are grateful for about laughter.
40. List 3 things you are grateful for about love.
41. List 3 things you are grateful for about life.
42. List 3 things you are grateful for about your house.

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Attitude of Gratitude (Continued)

43. List 3 things you are grateful for about mornings.
44. List 3 things you are grateful for about evenings.
45. List 3 things you are grateful for about late nights.
46. List 3 things you are grateful for about the past.
47. List 3 things you are grateful for about the present.
48. List 3 things you are grateful for about the future.
49. List 3 things you are grateful for about your skills.
50. List 3 things you are grateful for about your religion.
51. List 3 things you are grateful for about your values.
52. List 3 things you are grateful for about your knowledge.
53. List 3 things you are grateful for about your hobbies.
54. List 3 things you are grateful for about your accomplishments.
55. List 3 things you are grateful for about your childhood.
56. List 3 things you are grateful for about food.
57. List 3 things you are grateful for about something you recently learned.
58. List 3 things you are grateful for about doctors.
59. List 3 things you are grateful for about museums.
60. List 3 things you are grateful for about cars.
61. List 3 things you are grateful for about beaches.
62. List 3 things you are grateful for about mountains.
63. List 3 things you are grateful for about babies.
64. List 3 things you are grateful for about calculators.
65. List 3 things you are grateful for about candy.
66. List 3 things you are grateful for about vegetables.
67. List 3 things you are grateful for about fruit.
68. List 3 things you are grateful for about food.
69. List 3 things you are grateful for about clouds.
70. List 3 things you are grateful for about trains.
71. List 3 things you are grateful for about airplanes.
72. List 3 things you are grateful for about electricity.
73. List 3 things you are grateful for about language.
74. List 3 things you are grateful for about firefighters.
75. List 3 things you are grateful for about police.
76. List 3 things you are grateful for about Google.
77. List 3 things you are grateful for about GPS.
78. List 3 things you are grateful for about history.
79. List 3 things you are grateful for about holidays.
80. List 3 things you are grateful for about clothes.
81. List 3 things you are grateful for about imagination.
82. List 3 things you are grateful for about intelligence.
83. List 3 things you are grateful for about medicine.
84. List 3 things you are grateful for about neighbors.
85. List 3 things you are grateful for about pajamas.
86. List 3 things you are grateful for about peace.
87. List 3 things you are grateful for about plants.
88. List 3 things you are grateful for about recycling.
89. List 3 things you are grateful for about restaurants.
90. List 3 things you are grateful for about roads.
91. List 3 things you are grateful for about seasons.
92. List 3 things you are grateful for about shopping.
93. List 3 things you are grateful for about soap.
94. List 3 things you are grateful for about spell check.
95. List 3 things you are grateful for about stores.
96. List 3 things you are grateful for about texting.
97. List 3 things you are grateful for about toothbrushes.
98. List 3 things you are grateful for about tweezers.
99. List 3 things you are grateful for about water.
100. List 3 things you are grateful for about sports.
101. List 3 things you are grateful for about weather forecasts.
102. List 3 things you are grateful for about Wi-Fi.
103. List 3 things you are grateful for about yesterday.
104. List 3 things you are grateful for about today.
105. List 3 things you are grateful for about tomorrow.
106. List 3 things you are grateful for about magic.
107. List 3 things you are grateful for about board games.
108. List 3 things you are grateful for about playing cards.
109. List 3 things you are grateful for about art.
110. List 3 things you are grateful for about acceptance.
111. List 3 things you are grateful for about organization.
112. List 3 things you are grateful for about generosity.
113. List 3 things you are grateful for about encouragement.
114. List 3 things you are grateful for about accountability.
115. List 3 things you are grateful for about smiles.
116. List 3 things you are grateful for about change.
117. List 3 things you are grateful for about fun.
118. List 3 things you are grateful for about boredom.
119. List 3 things you are grateful for about comfort.
120. List 3 things you are grateful for about hope.
121. List 3 things you are grateful for about patience.
122. List 3 things you are grateful for about honesty.
123. List 3 things you are grateful for about photographs.
124. List 3 things you are grateful for about surprises.
125. List 3 things you are grateful for about dreams.
126. List 3 things you are grateful for about kindness.
127. List 3 things you are grateful for about challenges.
128. List 3 things you are grateful for about sleep.
129. List 3 things you are grateful for about compliments.
130. List 3 things you are grateful for about freedom.
131. List 3 things you are grateful for about writing.
132. List 3 things you are grateful for about listening to others.
133. List 3 things you are grateful for about empathy.
134. List 3 things you are grateful for about feelings.
135. List 3 things you are grateful for about perspectives.
136. List 3 things you are grateful for about creativity.
137. List 3 things you are grateful for about apologies.
138. List 3 things you are grateful for about forgiveness.
139. List 3 things you are grateful for about weekends.
140. List 3 things you are grateful for about Mondays.
141. List 3 things you are grateful for about Fridays.
142. List 3 things you are grateful for about respect.
143. List 3 things you are grateful for about memories.
144. List 3 things you are grateful for about excitement.
145. List 3 things you are grateful for about nervousness.
146. List 3 things you are grateful for about conflict.
147. List 3 things you are grateful for about thoughts.
148. List 3 things you are grateful for about compassion.
149. List 3 things you are grateful for about opinions.
150. List 3 things you are grateful for about electricity.
151. List 3 things you are grateful for about questions.
152. List 3 things you are grateful for about strength.
153. List 3 things you are grateful for about weakness.
154. List 3 things you are grateful for about receiving gifts.
155. List 3 things you are grateful for about giving gifts.
156. List 3 things you are grateful for about breathing.
157. List 3 things you are grateful for about rules.
158. List 3 things you are grateful for about breaking rules.
159. List 3 things you are grateful for about chores.
160. List 3 things you are grateful for about promises.
161. List 3 things you are grateful for about email.
162. List 3 things you are grateful for about running.
163. List 3 things you are grateful for about tools.
164. List 3 things you are grateful for about fire.
165. List 3 things you are grateful for about bicycles.
166. List 3 things you are grateful for about carnivals.
167. List 3 things you are grateful for about space.
168. List 3 things you are grateful for about your bedroom.
169. List 3 things you are grateful for about your grandparents.
170. List 3 things you are grateful for about optimism.
171. List 3 things you are grateful for about pessimism.
172. List 3 things you are grateful for about being good at.
173. List 3 things you are grateful for about money.
174. List 3 things you are grateful for about your town.
175. List 3 things you are grateful for about government.
176. List 3 things you are grateful for about clocks.
177. List 3 things you are grateful for about remote controls.
178. List 3 things you are grateful for about clean laundry.
179. List 3 things you are grateful for about traffic.
180. List 3 things you are grateful for about gratitude!