

Gratitude Cheat Kit

The challenge: To write down 50 things each day for a whole week. Use this prompt sheet to help you meet your goal.

(Even if you get to write 10 a day, you are doing well! We set the bar high to encourage you to go wild and experience the abundant joy that comes from learning to be a person of great gratitude!)

What are you grateful that you have?

E.g, Things in your house – name things and why you are grateful for each thing. Friends – name each one and what you are grateful about in each. Family – name each one and what you are grateful about in each. Work – whether you love your work or not, list things you are grateful that it has given you (eg, money! Experience, skills, friends,)

What are you grateful about in who you are?

E.g, your personality, strengths, your identity.

What are you grateful about in your past?

E.g. Things that have shaped you, made you who you are. Things you have experienced. Favor God has given you. People you have known.

What are you grateful about in your future?

E.g. The opportunities you have to steward the life you have left, what favor God has given you, vision and ideas you have to put in place, growth of things you have started such as family, business, church etc.

What are you grateful about in your spouse/significant other?

E.g. What have they brought into your life that you would not have without them? What have they taught you? What does their presence give you?

What are you grateful about that has entertained you?

E.g. TV programs, movies, games, hobbies, toys/gadgets

What are you grateful about in your town/city?

E.g. Parks you enjoy, businesses you enjoy, scenery, weather, culture, history etc

What are you grateful about in the world?

E.g. Things you are happy that are the way they are, leaders you respect, countries that have innovated good things, medical advances, technology advances, places of beauty to visit.

What are you grateful about in your relationship with God?

E.g. What has developed since you have been committed to Him, what do you know of Him personally, what do you value most about your relationship with Him?

What are you grateful about having had the opportunity to travel to?

What are you grateful about in terms of education that you have had?