

NOVEMBER

1. How has life changed for you since last November? List 3 positive things that have happened.
2. What is your definition of gratitude?
3. What are you most grateful for right now?
4. In your own words, what is a blessing?
5. How can you increase more blessings in your life?
6. Write a letter of gratitude to your body.
7. What brings you joy?
8. List 10 simple pleasures in life.
9. Name a blessing in disguise.
10. What do you think is underappreciated in our society and why?
11. Who are you most grateful for in life?
12. What's something you find difficult to appreciate? Why?
13. Name one thing that you're grateful for that never happened.
14. What is a small act of kindness you did for someone else?
15. Reflect on your daily routine and the ways it's supported your personal growth.
16. Write a thank you letter to the person who is always there for you.
17. How do you celebrate your achievements?
18. Name a person who made your life better.
19. What advice would you give to someone on the importance of gratitude?
20. Do you think there's such a thing as too much gratitude? Why or why not?
21. List 5 qualities you admire in yourself.
22. What lifts your mood? How can you add more of these feel good vibes to your life?
23. List the top 5 blessings in your life.
24. What's something that you learned that created a positive turn in your life?
25. Observe your surroundings closely and name three things that you can genuinely appreciate.
26. How can you learn to appreciate the things in your life that you've taken for granted?
27. What do you love most about your community? What would life be like if it was different?
28. Name 3 things you love about your job.
29. What limiting beliefs are blocking your blessings?
30. What do you appreciate about nature?