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Gratitude

What did I do this week that made your day a little easier?

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What small thing at home are you glad someone takes care of?

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What have you eaten lately that you're grateful someone made?

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What message have you gotten lately that made you happy?

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Who made you laugh today?

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What do you love about the place where you live?

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Which friend would you text a thank-you to right now, and what for?

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What's the best thing anyone has ever lent you?

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Which teacher or coach are you still grateful for?

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What has a stranger done for you that you still remember?

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Which everyday thing would you miss most if it disappeared tomorrow?

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Who in your family are you glad to have close by?

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What has your body done for you today?

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Which habit of someone at this table do you appreciate?

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Which gift has meant the most to you, even though it didn't cost much?

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What made your morning good today?

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**Who taught you something useful
that you use every week?**

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**Which coworker or classmate makes
the day better, and how?**

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**What have you seen in nature lately
that made you happy?**

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**What meal has someone made for
you that you still think about?**

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**What are you glad you don't have to
worry about right now?**

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**Who would you give flowers to today
if you could?**

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**Which song are you grateful
someone showed you?**

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**What has a neighbor done that you
appreciated?**

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Which moment from yesterday would you like to live again?

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Who has helped you move, carry or build something?

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What have you been given that you would happily have paid for?

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What are you grateful for at this table tonight?

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What do you like most about me, and when did you last see it?

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Who should have gotten a proper thank-you from you long ago, and what did they do?

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When has someone believed in you before you believed in yourself?

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What has someone taught you about being a good friend?

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What advice did you once get that you only came to appreciate later?

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Who stood by you during a hard time?

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What do you love about the way your family celebrates things?

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What are you grateful for in your work or school, even when it's hard?

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Who has made you braver?

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What have I done lately that you never got around to thanking me for?

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Who do you wish knew how much they've meant to you?

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Which mistake are you glad you made?

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Who has forgiven you for something, and what did it mean to you?

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What's good about your life right now that you easily forget to notice?

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Which tradition from your childhood are you glad someone kept alive?

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Who showed you how to be a good grown-up?

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What has a hard time taught you to appreciate?

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Who is your oldest friend, and what do you treasure most about your friendship?

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When did someone say something kind about you that you still remember word for word?

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Who could you write a thank-you letter to tonight?

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What have your parents given you that money can't buy?

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Which of the things I do would you miss if I stopped?

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Who taught you to speak up for yourself?

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Which little habit of your partner, a friend or a parent makes you happy every time?

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What has someone quietly done for you that you only found out about later?

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What have I given you that you only understood the value of later?

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What hard experience are you oddly grateful for now?

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Who has done the most to make you who you are?

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**What would you like to thank
someone for who is no longer alive?**

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**When have you felt luckiest in your
life?**

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**What are you grateful for about
yourself that you rarely say out
loud?**

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**Who loved you in a way you didn't
understand at the time?**

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**What do you hope people will thank
you for one day?**

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**Which choice you made long ago are
you deeply grateful for today?**

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**When has someone been there for
you without you having to ask?**

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**What has our relationship given you
that you didn't have before?**

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Which part of your story have you come to be glad about, even though it hurt?

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Who gave you a chance you never expected to get?

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What would you thank your younger self for?

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Who has taught you the most about love, and how?

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What in your life would you miss most if everything suddenly changed?

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Which gift in your life have you only recently noticed?

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Your own question

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Your own question

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Your own question

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