

# Daily Gratitude Prompts

to help you recognize goodness and God's provision.



As with any valuable skill, gratitude takes practice. But since there is goodness to be found in just about anything, it shouldn't take you too long to recognize it and be thankful for it. Follow the prompts below to help you exercise your gratitude muscle by recognizing the good.

*I'm grateful for...*

## People

Scroll through the contacts list in your phone and randomly stop on a name. Recognize their goodness.

Recall an individual that provided you any kind of service during your day. Recognize their goodness.

Recall someone you *don't* know who extended you a kindness—big or small—and recognize their goodness.

Recall someone you *do* know who extended you a kindness—big or small—and recognize their goodness.

## Places

Go to a room in your house or apartment. Quietly examine it and recognize the goodness of it.

Recall a favorite gathering place of yours, imagining the space, and recognize its goodness.

Recall your childhood and a place that brought you joy or comfort. Recognize its goodness.

In whatever place you are in, identify the small, hidden spaces within it and recognize their goodness.

## Things

Recognize the goodness of one of the utilities that makes your home a place of rest and peace.

Focus in on a small thing you might take for granted that helps you do things, and recognize its goodness.

Look at whatever is right in front of you, and recognize the goodness of whatever it is.

Hold a sentimental object, reflecting on why it is of value to you. Recognize its goodness.

## My Self

Go to the mirror and consider a part of your body. Recognize the goodness of it.

Pick one of your senses. Reflect on how it helps you interact with the world, and recognize its goodness.

Consider how you are unique, and recognize the goodness of being the only *you*.

Ponder what it is you love, and recognize the goodness of being someone who loves those things.

## An Absence

Think of a disease you *don't* have. Recognize the goodness of not having to suffer through it.

Recall a bad relationship you *no longer have* or *have never had*. Recognize the goodness of its absence.

Consider a financial burden you *aren't* weighed down by, and recognize the goodness of that freedom.

Think of any other challenge you *don't* face, and recognize the goodness of your circumstance.

*#thankfulgratefulblessed*