

1. **Who are some of the people I appreciate and why?**
2. **How am I fortunate?**
3. **What material possessions am I most thankful for?**
4. **What abilities do I have that I'm grateful for?**
5. **What about my surroundings (home/neighborhood/city) am I thankful for?**
6. **What experiences have I had that I am grateful for?**
7. **What happened this past year that I am grateful for?**
8. **What new opportunity do I have that I am thankful for?**
9. **What have others in my life done that I am thankful for?**
10. **What relationships am I thankful for?**
11. **What modern invention am I most grateful for?**
12. **What am I taking for granted that, if I stop to think about, am I grateful for?**
13. **What is there about the challenges/difficulties I have experienced (or am currently experiencing) that I can be thankful for?**
14. **What is different today than it was a year ago that I'm thankful for?**
15. **What item in my home am I most grateful for?**
16. **Which of my 5 senses am I most grateful to have?**

Thankful Rolls Gratitude Questions