



Be thankful for the difficult times, during those times you grow.  
 Be thankful for your limitations, because they give you new opportunities for improvement.  
 Be thankful for each new challenge, it will build your strength and character.  
 Be thankful for your mistakes, they will teach you valuable lessons.  
 - Troy Admdahl



#1	What colour are you grateful for?	
#2	What smell are you grateful for?	
#3	What technology are you grateful for?	
#4	What sound are you grateful for?	
#5	What food are you grateful for?	
#6	What in nature are you grateful for?	
#7	What place are you most grateful for?	
#8	What book are you grateful for?	
#9	What memory are you grateful for?	
#10	What holiday are you grateful for?	
#11	What texture are you grateful for?	
#12	What taste are you grateful for today?	
#13	What sight are you grateful for?	
#14	What season are you grateful for?	
#15	What abilities are you grateful for?	
#16	What knowledge are you grateful for?	
#17	What about your body are you grateful for?	
#18	What piece of art are you grateful for?	
#19	Who in your life are you grateful for?	
#20	What song are you most grateful for?	
#21	What touch are you grateful for today?	
#22	What story are you grateful for?	
#23	What challenge are you grateful for?	
#24	What tradition are you grateful for?	
#25	What moment this week are you grateful for?	
#26	What small thing you use daily are you grateful for?	
#27	What form of expression are you grateful for?	
#28	What talent or skill are you grateful for?	
#29	What happened today that you're grateful for?	
#30	What friend or family member are you grateful for?	