

DAY 1

DATE ____/____/____

When you are grateful, fear disappears and abundance appears.

— TONY ROBBINS

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: Describe your happiest childhood memory.

DAY 2

DATE ____/____/____

Act with kindness, but do not expect gratitude.

— CONFUCIUS

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: What is a popular song that you enjoy (and why do you like it)?

DAY 3

DATE ____/____/____

Develop an attitude of gratitude. Say thank you to everyone you meet for everything they do for you.

—BRIAN TRACY

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: What is one of your favorite songs from your childhood?

DAY 4

DATE ____/____/____

An attitude of gratitude brings great things.

— YOGI BHAJAN

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: Who is the one friend you can always rely on?

DAY 5

DATE ____/____/____

Stop now. Enjoy the moment. It's now or never.

— MAXIME LAGACÉ

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: What is the biggest accomplishment in your personal life?

DAY 6

DATE ____/____/____

*When gratitude becomes an essential foundation in our lives,
miracles start to appear everywhere.*

— EMMANUEL DALGHER

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: What is the biggest accomplishment in your professional life?

DAY 7

DATE ____/____/____

The essence of all beautiful art is gratitude.

— FRIEDRICH NIETZCHE

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: What is your favorite memory of your father (or stepfather)?

DAY 8

DATE ____/____/____

*The smallest act of kindness is worth more than
the grandest intention.*

— OSCAR WILDE

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: What is your favorite memory of your mother (or stepmother)?

DAY 9

DATE ____/____/____

No duty is more urgent than that of returning thanks.

— JAMES ALLEN

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: Describe your favorite pet (or former pet)?

DAY 10

DATE ____/____/____

Gratitude changes everything.

— ANONYMOUS

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: List 10 hobbies and activities that bring you joy?

DAY 11

DATE ____/____/____

Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow.

— MELODY BEATTIE

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: What is a mistake that you've made and that ultimately led to a positive experience?

DAY 12

DATE ____/____/____

The highest tribute to the dead is not grief but gratitude.

— THORNTON WILDER

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: Describe a family tradition that you are most grateful for.

DAY 13

DATE ____/____/____

True forgiveness is when you can say, Thank you for that experience.

— OPRAH WINFREY

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: Who is a teacher or mentor that has made an impact on your life, and how did they help you?

DAY 14

DATE ____/____/____

Nothing new can come into your life unless you are grateful for what you already have.

— MICHAEL BERNHARD

Question #1: "I am grateful for _____, because _____."

Question #2: "What am I looking forward to today (or tomorrow)?"

Question #3: What do you like the most about your town or city?
