



31 Ways to be thankful



Researcher Brené Brown says that joyful people cultivate thankful habits.

Do this on your own or with your family, taking it in turns to say what you are thankful for.

Use these prompts as jumping off points to find something each day to be thankful for.

I'm thankful for...

If one or more of these sentences doesn't work for you, invent your own to replace it.

- | | | | | | | | |
|----------------------------------|--|--|---|---|--|---|--|
| 1
our home,
especially ... | 2
our family,
especially the
way we ... | 3
the ability to ... | 4
people who
help us,
especially ... | 5
the fact that we
are not ... | 6
being in touch
with ... | 7
children who ... | 8
gifts such as ... |
| 9
food,
especially ... | 10
friends like ... | 11
nature,
especially ... | 12
the internet,
because it
lets us ... | 13
being in
connect
with friends,
including ... | 14
our local area
in particular ... | 15
people who
encourage us,
including ... | 16
music,
especially ... |
| 17
post,
especially ... | 18
parents,
because ... | 19
days off,
particularly
when we ... | 20
new ways of
doing things,
such as ... | 21
the outdoors,
particularly ... | 22
friends who ... | 23
our country,
especially as
it means we
can ... | 24
our extended
family,
including ... |
| 25
shops
such as ... | 26
this season
because we
can ... | 27
time to ... | 28
having ... | 29
my senses,
especially ... | 30
people
who think of us,
especially ... | 31
our community
and how it ... | |