



# GRATITUDE

CHALLENGE: How many questions can you answer!

Do you find it easy to find things to be grateful for?

What are some things that you feel most thankful for?

What things do you find it hard to be thankful for?

Who inspires you with their attitude of thankfulness?

Have you ever had someone's mood draw you down?

Does sharing your things change how thankful you are?

What is something you can do or think when you don't feel thankful?

What would it look like if you could never see good in a situation?