



# Cultivating an Attitude OF GRATITUDE

Finding gratitude can come easily when it's someone or something you love or a great experience you had. But, let's be honest. There are situations, scenarios and seasons when gratitude is hard to find. We're stuck in a rut, everything seems to be going wrong, or we experience negative feelings around what's taking place.

For those times when gratitude is hard to find, use these 60+ questions as a guide to cultivate an attitude of gratitude. You might be surprised the answers that arise from within you.

## FINDING GRATITUDE FOR A PERSON, PLACE OR THING

- How has this person blessed my life?
- How am I a better person for having encountered them?
- What does this person bring out in me?
- What does this person see in me?
- How does this person make my life easier?
- Why does this person inspire me?
- How has this person supported me emotionally or mentally?
- Who has made a positive impact on your life and how?
- How has someone helped you through a tough time?
- Why are you a better leader for having worked together?
- What did you learn about yourself from your time together?
- How does this person encourage you?
- What does this person do to fill your cup?
- How are you energized by spending time with this person?
- How does this person make you feel?
  
- Why is this place special to me?
- What about this place makes me better?
- How does this place inspire me?
- What about this place meets my needs?
- Why is this place unique?
- Who am I when I'm in this space?
- How does this place bring out the best in me?
  
- What do I love about this object?
- How does this object make my life easier?
- How does this thing align with my values?
- How has this thing helped me be a better human?
- How did it help me overcome an obstacle or challenge?
- What object have I taken for granted?
- What have I learned from using this thing?
- How does it challenge me?

## FINDING GRATITUDE FOR A SITUATION OR YOURSELF

- How did this scenario challenge me?
- What about this scenario worked well?
- What about this scenario inspired me or others?
- How did this scenario benefit my life?
- What habits stemmed from this scenario?
- What opportunities came out of this scenario?
- How did this scenario allow me to use my skills?
- How did this situation bring out the best in me?
- How was I able to be of service to others?
- What was I able to avoid because of this scenario?
- How did I show up authentically in this situation?
- Where did I use my voice?
- How did I put necessary boundaries in place?
- How was kindness demonstrated?
- Where did I take initiative?
- How is my life better for having experienced this?
  
- What do I love about me?
- How does my body serve me well?
- How have I grown?
- What skills + talents do I bring to the world?
- How am I a good human?
- Where am I optimistic?
- How do I learn from difficult situations?
- What defines me?
- How do I live out my values?
- How do I embrace my dreams?
- How do I empower or inspire others?
- What inspires me?
- Where has my life improved + why?
- What's a skill or talent I take for granted?
- In what ways have I grown as a person?