

List of Questions to Generate Gratitude

By Joel Wong, Ph.D.

Questions to help us reflect on what we're grateful for and whom we're grateful to -- these questions could be useful prompts for gratitude journaling.

Micro Gratitude

1. What went well this week?
2. What are some simple, potentially mundane things that contribute to my well-being?
3. What are some good things in my life that I've taken for granted?
4. What are some things in my home that give me with a sense of comfort?
5. What do I like about the chair or table that I'm currently using?
6. What do I like about the weather this week?
7. What do I like about my office/classroom?
8. What do I like about the neighborhood I live in?
9. What is my favorite place in town?
10. What do I like about my organization, job, or school?
11. What went unexpectedly well at work/school this week?
12. What do I like about the mode of transportation I use on a regular basis (e.g., bus/bicycle/car)?
13. What do I like about my electronic device (e.g., cellphone)?
14. What are some resources I have in my workplace/school that others might not have access to?
15. What was my favorite meal this week and why?
16. What is my favorite restaurant and what do I like about it?
17. What is my favorite hobby and what I do like about it?
18. What is a habit I've developed that contributes positively to your life?
19. What do I like about the city or country I live in?
20. What pleasant activity do I participate in each week?
21. What went better than expected recently?
22. In what ways have I been pleasantly surprised this week?
23. What opportunities have I had to use my strengths/talents?
24. What opportunities have I had to pursue my interests?
25. What opportunities have I had to serve others?
26. What went well in someone else's life for which I'm grateful?
27. What activity do I enjoy so much that I'm often in the zone [you lose track of time and you're fully immersed in the experience]?
28. In what ways have I enjoyed grace from a stranger or a mere acquaintance?

Gratitude Savoring

29. What do I enjoy about the food/beverage I eat/drink?
30. What do I appreciate about the view outside the window of my home/office?
31. What do I enjoy about the physical surroundings near my home?
32. What do I enjoy about the music I listen to?
33. [Look at a photograph you recently took] What do I appreciate about the things or people in the photograph?

Interpersonal Gratitude

34. Which of my teachers/mentors contributed positively to my life?
35. Who puts a smile on my face?
36. Who makes me laugh?
37. Who do I enjoy hanging out with?
38. Who appreciates me?
39. Who makes me feel like I truly matter?
40. In what ways do my family members make my life easier?
41. In what ways have my family members made me a better person?
42. In what ways were my parents positive role models?
43. What do I like about my partner/spouse?
44. How does my partner/spouse make my life easier?
45. What did my partner/spouse do for me today that was helpful?
46. Who is my favorite relative and why?
47. Who has been a blessing to my life?
48. Who has been a source of strength in my life?
49. Who has been a source of emotional support or encouragement in my life?
50. Who has been a source of practical help in my life?
51. Who inspires me and why?
52. Which colleague(s) do I like and why?
53. Which colleague(s) appreciates my work?
54. In what ways do my colleagues make my life easier?
55. With whom did I have a pleasant interaction at work this week?
56. Who took the initiative to talk with me or help me at work this week?
57. Who defended me or spoke out on my behalf?
58. Who has reached out to help me recently?
59. What do I like about each of my friends?
60. With whom did I have an enjoyable conversation this week?
61. Who told me I've made a positive difference in their lives?

Redemptive Gratitude

Think about a stressful or difficult experience in your life.

62. In what ways is my life better now? What have I learned to appreciate as a result of this stressful experience?
63. What challenges did I overcome?
64. How have I grown as a person or what character strengths did I develop as a result of this stressful experience?
65. What positive insights did I gain about life as a result of this stressful experience?
66. In what ways is my life more meaningful because of this stressful experience?
67. In what ways did this stressful experience provide me with new opportunities (i.e., when a door closed, a new window opened).
68. Who supported me during this stressful experience?
69. Whom did I become closer to because of this stressful experience?
70. In what ways have I experienced physical, emotional and/or spiritual healing?

Macro Gratitude

71. [Think about the major events in your life] What am I most grateful for in these events?
72. [Think about a turning point in your life] What am I most grateful for in this event?
73. Who or what changed my life for the better?
74. What aspect of my past has prepared me well to handle my current or future challenges?
75. What is something bad that could have happened but didn't happen in my life?
76. Which childhood event in my life contributed positively to my current life?
77. Which event during my adolescence contributed positively to my current life?
78. Which childhood friends contributed positively to my life?
79. Who has had the most positive influence on my life?
80. In what ways is my life a gift? In what ways have I experienced grace (undeserved favor) from life, others, or a higher power?
81. What are the top one or two things/people in my life for whom I am most grateful?
82. What opportunities have I been given that not many people have?
83. What aspects of my life tell me that my life is good?
84. In what ways have I grown as a person?
85. What areas of my life have improved?
86. What has been the most important insights I've gained about my life?
87. What gives me meaning in life?
88. What gives me hope for the future?
89. What are my strengths?
90. What are my skills?
91. What is something I can easily do that I now realize others struggle with?

- 92. What opportunities have I been given to contribute to people, my organization, and/or my community?
- 93. What tells me that I matter to others, my organization, and/or my community?
- 94. What aspects of my spiritual life am I grateful for?
- 95. What historical event am I grateful for?

Culture

Here, “culture” and “cultural group” is broadly defined as any group you belong to that has shared values, beliefs, practices, and traditions.

- 96. What aspects of my culture am I proud of?
- 97. What aspects of my culture has made me a better or stronger person?
- 98. In what ways have my culture been a source of strength for me?
- 99. In what ways have my cultural group contributed to society?
- 100. Who in my culture do I admire or is a role model? (This could be someone you personally know or a historical figure.)