

31 HAPPINESS + GRATITUDE PROMPTS

1. CUDDLES...WITH KIDS | PARTNER | FUR BABIES
2. FAVORITE TIME OF DAY...PINK SUNSETS | DEWY MORNINGS | STAR FILLED NIGHT
3. NATURE...BARE FEET ON LONG GRASS | FRESHLY PICKED FLOWERS | SINGING BIRDS
4. CUTENESS...KEWPIE DOLLS | PUPPIES | PEARS WITH FACES
5. FAVORITE ACTIVITY...BUSH WALKING | READING | BUBBLE BATH
6. FAVORITE...TELEVISION SHOW | ICE-CREAM | BOOK
7. AN ACT OF KINDNESS...AN UNEXPECTED CARD OR LETTER | A SMILE FROM A STRANGER | A HELPFUL HAND
8. FRESHLY CLEANED...BED SHEETS | KIDS | HOUSE
9. SOMETHING FOUND...THRIFT SHOP TREASURE | A LONG LOST ITEM | HIDDEN CHOCOLATE
10. FAMILY...GREAT KIDS | WONDERFUL PARTNER | LOVING PARENTS
11. PETS...QUIRKY CAT | FUNNY BIRD | GOOFY DOG
12. SOMETHING THAT MADE YOU LAUGH...DWIGHT SCHRUTE ON THE OFFICE | AN EMBARRASSING MOMENT | A VIDEO
13. AN ACHIEVEMENT...NO POTATO CHIPS FOR A WEEK | A PROMOTION AT WORK | AN AWARD AT SCHOOL
14. QUIET...READING ON THE BACK DECK | A LONG SHOWER | IN THE CAR WATCHING KIDS AT FOOTBALL TRAINING
15. A MEMORY FROM YOUR CHILDHOOD...PLAYING BARBIES | DRESSING UP | PLAYING "I SPY" ON CAR TRIPS
16. YOUR HOME...A PLACE YOU LOVE | SECURITY | SANCTUARY
17. RANDOM THINGS...GOLDEN BOOKS | DOLLHOUSES | STICKERS
18. REJUVENATION...SLEEP | A WEEKEND AWAY | CRAFT TIME
19. BODY...STRONG AND HEALTHY | CUDDLY | A WORK IN PROGRESS
20. A JOB THAT... I LOVE | PROVIDES A GOOD INCOME | OFFERS CHALLENGES
21. BEING LOVED...A LOOK | A KISS | A FEELING
22. YOUR FAVORITE DRINK...ICED COFFEE | COKE | CUP OF TEA
23. AN INDULGENCE...CHOCOLATE COATED LIQUORICE BULLET LOLLIES | HONEY SOY CHIPS | PIZZA
24. OPPORTUNITY...TO BE MYSELF | TO LIVE WHERE I DO | TO DREAM
25. FAVORITE PLACE...NATIONAL PARK | OUT ON THE FARM | BY THE BEACH
26. REST...A SLEEP IN | AN EARLY NIGHT | A SNEAKY NANNA NAP
27. CONTEMPLATION...YOGA | NEDITATION | DAYDREAMING
28. WEATHER...A BEAUTIFUL SPRING DAY | SNOW ON THE GROUND | WIND IN YOUR HAIR
29. LUCK...FINDING A CARPARK | AN UNEXPECTED WINDFALL | A FABULOUS LIFE
30. VACATION...CAMPING AT EASTER | BEACHSIDE HOLIDAYS | SKIING AT MT BULLER
31. CELEBRATION...FAMILY TOGETHER | A MILESTONE EVENT | ACHIEVEMENT

