

**GRATITUDE
CONVERSATION
STARTERS**



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**WHAT IS ONE NICE
THING YOU DID FOR
SOMEONE TODAY?**

**HOW HAS SOMEONE
HELPED YOU LATELY?**

**WHAT IS THE BEST
THING THAT
HAPPENED TODAY?**

**IF YOU COULD
SPEND A DAY DOING
WHATEVER YOU
WANTED, WHAT
WOULD YOU DO?**

**WHAT MADE YOU
SMILE TODAY? WHY?**

**WHAT IS ONE THING
YOU HAVE THAT YOU
COULD GIVE TO
SOMEONE IN NEED?**

**WHAT IS SOMETHING
NEW THAT YOU
YOU'VE LEARNED
LATELY?**

**WHAT HELPS YOU
RELAX?**