



Gratitude List



Many of us have a gratitude practice that we keep throughout the year, though it's often done in a private manner. Thanksgiving is the perfect time to open up and outwardly express your gratitude for all the good things and people in your life. One of our favorite parts of holiday dinners is when everyone stays at the table talking long after the food has been shared and enjoyed. This year, fill a bowl or jar with our printable conversation starters to pass around and read aloud.

Turn to the person to your right.

What is one reason you are thankful for them?



What is the nicest thing someone has done for you this year?



WHAT IS ONE THING YOU'RE GRATEFUL FOR THIS YEAR?



What have you experienced lately that reminded you that the world is good?





Which *holiday Tradition*
means the most to you?



Name the person who has *inspired* you the most this year.

What did they do?



What is your favorite way to say, "*thank you*" to someone who has done something *kind* for you?



When did you laugh the *hardest* this year?



If you could thank ONE person — alive or dead —
for having a *strong influence* on your life,
who would it be, and why?



WHAT IS ONE *life lesson* YOU LEARNED THIS YEAR
THAT YOU'RE *thankful* FOR?



