

TAKE THE TIME TO TALK!

Gratitude has been scientifically shown to have many benefits including improved happiness, health and relationships. Cultivating gratitude can start with something as simple as asking the right questions.



Think of three things you feel grateful for today.



What are some things that you don't need, but you're really happy that you have?



What are some things that are easy to complain about, but we're actually lucky to have? For example, rainy days help gardens grow and give animals water to drink.



What is the one thing you couldn't live without?



What do you have that someone else might want or be jealous of?



Who or what last made you smile or laugh?



What things do you use in your daily life that you take for granted? For example, a telephone or oven.

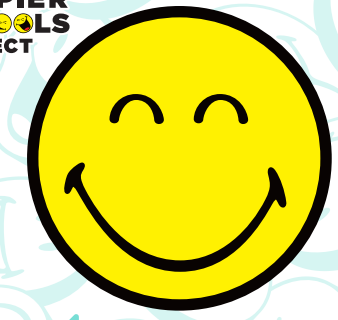


What have you enjoyed doing recently?

Who was the last person to be kind to you?

Which parts of your home or neighbourhood do you like the most?

What are you looking forward to in the future?



What are you grateful for about your body and health?

What are you most proud of having done recently?

When did you feel most comfortable today?

Who makes you happy or looks after you?