RELATIONSHIPS
1. What is an old relationship I am grateful for?
2. What qualities do I appreciate in a co-worker?
3. What is one quality I admire about my partner?
4. What positive quality have I picked up from my friend?
5. What positive quality have I picked up from my mom?
6. What positive quality have I picked up from my dad?
7. What do I admire about the employees at the places I frequent?
8. What positive quality do I really admire about myself?
9. What positive qualities of a role model do I value?
10. How can a perceived weakness of mine also be a strength?
TODAY’S OPPORTUNITIES
1. What is one thing I am looking forward to today?

2. What is an opportunity I have today that most people don’t that I can appreciate?

3. What one thing (within my control) would make today great?

4. What is something I am better at today than I was yesterday?

5. What can I appreciate about today’s weather (in a non-cynical way)?

6. What is one thing I appreciate about my health?

7. What positive quality can I find within something I think will suck today?

8. What do I appreciate about the career skills I have today?

9. What can I appreciate/accept of my financial situation?

10. What can I appreciate about my appearance today?
PAST OPPORTUNITIES
1. What one good thing that happened during the day?

2. What obstacle have I overcome that I appreciate about myself?

3. What did I appreciate about a former job?

4. What do I admire about my childhood?

5. What is a past experience that felt bad at the time that I can appreciate now?

6. What am I grateful for that I learned in school?

7. What is one thing I appreciate about my ancestors that allowed me to live the life I have?

8. What do I appreciate about the food I ate (or didn’t eat) today?

9. What sight did I see yesterday that I found enjoyable?

10. What scent did I smell yesterday that I found enjoyable?
OTHER
1. Pick one object you love. What do you love about it?

2. What do I appreciate about the home I live in?

3. What do I appreciate about the city I live in?

4. What do I appreciate about the country I live in?

5. What do I appreciate about the restaurants I frequent?

6. What is one piece of clothing I appreciate?

7. What do I appreciate about the music I listen to?

8. What is one thing I appreciate about my body?

9. What food do I really appreciate and why?

10. What type of art do I appreciate and why?