

Gratitude Conversation Starters

1. Do you typically think that you have more than you need, less than you need, or exactly what you need?
2. Can you remember a time you received something that you totally didn't deserve? How did that make you feel?
3. What's the best thing that happened to you today?
4. Can you remember a time when you could have given something, but didn't?
5. If you could spend an entire day doing what you love, what would it be?
6. Who is the most generous person you know? What makes them that way?
7. What is your favorite season? What do you love about it?
8. What is the sickest you've ever been? How did you get better?
9. Do you have a story about a prayer that was answered? What happened?
10. Is there a time that you had a prayer answered, other than you prayed, and it turned out for the best?
11. If you were asked "Who made you the person you are today?" Whose names would you give?
12. What is your greatest accomplishment?
13. Who is one person you love and trust more than anyone else in the world? Tell me three specific things you admire and appreciate about this person.
14. What's a stressor you're grateful to have put behind you this year?
15. What's something you look forward to in the future?
16. What's something enjoyable you get to experience every day that you've come to take for granted?
17. What's a hard lesson that you were grateful to learn?
18. What's an aspect of your physical health that you feel grateful for?
19. What's an aspect of how you were parented for which you feel grateful?
20. What made you laugh or smile today?
21. Who did you thank today? Who thanked you?
22. What's something about each of your siblings that you are grateful for?
23. What's one kind or thoughtful thing someone did for you recently?
24. What three words do you hope people use to describe you and highlight your most positive character traits?
25. Have you ever escaped death, injury or failure in a way that made you pause and take notice? Tell me about the experience.
26. What's the most delicious thing you've eaten this week?
27. What is one choice you made in your life that led to more joy and happiness than you could have ever imagined?
28. Think about a place or a group of people that make you feel "at home." Tell me why you feel comfortable and accepted there.
29. If there is someone in your life who is driving you crazy right now, name three things you love or appreciate or admire about them.
30. Who are the three people that will come to your aid in a crisis?