

GRATITUDE

- WHAT IN YOUR LIFE DO YOU FEEL MOST GRATEFUL FOR?
- WHAT IS SOMETHING YOU REALLY APPRECIATE?
- HOW DO YOU FEEL WHEN YOU AREN'T SHOWN ANY APPRECIATION FOR GOING OUT OF YOUR WAY FOR SOMEBODY?
- WHO IS SOMEONE YOU REALLY APPRECIATE?
- DO YOU USUALLY MAKE AN EFFORT TO THANKS THOSE WHO DO SPECIAL FAVORS FOR YOU?
- DO YOU COUNT YOUR BLESSINGS EVERY DAY?
- WERE YOU BROUGHT UP TO PRETEND YOU WERE GRATEFUL EVEN IF YOU DIDN'T FEEL IT?
- DOES FEELING GRATITUDE AFFECT YOUR ABILITY TO LOVE?
- WHO ARE TWO PEOPLE; WHO DID SOMETHING A LONG TIME AGO THAT MAKES YOUR LIFE BETTER TODAY, YOU COULD SEND A THANK YOU NOTE TO?
- DO YOU BELIEVE THAT GRATITUDE IS AN EXPRESSION OF LOVE?
- DO YOU EVER EXPRESS GRATITUDE BEFORE ASKING FOR SOMETHING?
- DO YOU REMIND YOURSELF OF WHAT IS MOST IMPORTANT IN LIFE AND BE GRATEFUL FOR IT?