GRATITUDE CONVERSATION STARTERS



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WHAT IS ONE NICE THING YOU DID FOR SOMEONE TODAY?

HOW HAS SOMEONE HELPED YOU LATELY?

WHAT IS THE BEST THING THAT HAPPENED TODAY?

IF YOU COULD SPEND A DAY DOING WHATEVER YOU WANTED, WHAT WOULD YOU DO?

WHAT MADE YOU SMILE TODAY? WHY?

WHAT IS ONE THING YOU HAVE THAT YOU COULD GIVE TO SOMEONE IN NEED?

WHAT IS SOMETHING NEW THAT YOU YOU'VE LEARNED LATELY?

WHAT HELPS YOU RELAX?