

Gratitude and Thankfulness

Question #1

The text describes gratitude as a feeling of appreciation for the good things in our lives, both big and small. Think about your own life. What are some things, big or small, that you are grateful for?

Question #2

The text explains that thankfulness is a response to a particular event or experience. Think about a time when you felt thankful for something specific that happened to you. What was the event or experience, and why did it make you feel thankful?

Question #3

The text suggests that practicing gratitude can enhance our health and well-being. How do you think practicing gratitude could benefit you in your own life? What are some ways you could incorporate gratitude into your daily routine?

Question #4

The text discusses how gratitude is an attitude and a mindset. How do you think cultivating a mindset of gratitude can impact your relationships with others?
