Write about 2 great things about being retired. Write about a simple pleasure that brings you joy.

Write about 3 things that made you smile today. Write about a favorite memory.

Write about a special person in your life. Write about something you enjoyed eating today.

Write about a way that someone has helped you lately. Write about a song that you enjoy.

Write about a smell that brings positive feelings. Write about 5 things that you love about yourself.

Write about 3 qualities that make you a great mother. Write about your favorite vacation.

Write about something you are good at. Write about a family member you are grateful for.

Write about a freedom you are grateful for. Write about one great think that happened to you during the last year.

Write about a challenge you have overcome. Write about someone you feel lucky to have met.

Write about someone you appreciate. Write about something beautiful you saw yesterday.

Write about 3 things you are looking forward to this year. Think about an opportunity you were given.

Write about 3 things you are grateful for in this moment. Write about something that you enjoy doing.

Write about something you have that you are grateful for.

Write about a friend you are grateful for.

Write about comforts in your home are you grateful for.

Write about something you are grateful to be doing today.

Write about a sound you are grateful to hear.

Write about something that brings you peace.

Write about something that you like to treat yourself to.

Write about the traditions you love to celebrate.

Write about something that you have seen recently that you thought was beautiful.

Write about your favorite season of the year.

Write about a blessing that you have received recently.