

GRATITUDE

CONVERSATION STARTERS

Gratitude makes it possible to have meaningful connections and it can significantly increase well-being and life satisfaction.

Use these prompts to get the conversation started!

Who is someone who makes your life better? How?



HEALTHMATTERS.IDAHO.GOV

What is different today from a year ago that you are thankful for?



HEALTHMATTERS.IDAHO.GOV

What is something that makes your life easier?



HEALTHMATTERS.IDAHO.GOV

What cheers you up on a hard day?



HEALTHMATTERS.IDAHO.GOV

What is one of your favorite things to do? Why are you grateful for it?



HEALTHMATTERS.IDAHO.GOV

What person whom you have never met are you thankful for?



HEALTHMATTERS.IDAHO.GOV

 Print this document doubled sided and cut along the lines to make a deck of conversation starters.

GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



 Print this document doubled sided and cut along the lines to make a deck of conversation starters.



GRATITUDE

CONVERSATION STARTERS

Gratitude makes it possible to have meaningful connections and it can significantly increase well-being and life satisfaction.

Use these prompts to get the conversation started!

What is something you take for granted?



HEALTHMATTERS.IDAHO.GOV

What is something that unexpectedly made you smile recently?



HEALTHMATTERS.IDAHO.GOV

When was the last time you laughed so hard you cried?



HEALTHMATTERS.IDAHO.GOV

What is an accomplishment that makes you feel proud?



HEALTHMATTERS.IDAHO.GOV

Who is someone who helped shape the person you are today?



HEALTHMATTERS.IDAHO.GOV

What smell makes you feel happy?



HEALTHMATTERS.IDAHO.GOV

 Print this document doubled sided and cut along the lines to make a deck of conversation starters.

GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



GRATITUDE CONVERSATION
STARTERS



 Print this document doubled sided and cut along the lines to make a deck of conversation starters.

