

286 reasons to be grateful.

gratitude for greater happiness.

T | H | R | I | V | E
FRAMEWORK

**I am grateful
for life itself,
and that I woke
up this morning
feeling healthy.**

**I am grateful
for having a
beautiful
mother, who
has given me
life and raised
me with love.**

**I am grateful
for having a
strong father,
who works
hard to give
me a better
future.**

**I am grateful
for life itself,
and that I
woke up this
morning
feeling
healthy.**

**I am grateful
for my
beautiful
family, that
supports and
loves me in
every way.**

**I am grateful
for my friends,
who never fail
to brighten my
day.**

**I am grateful to
be able to get an
education and
expand my
knowledge.**

**I am grateful
for my free
time, as it
allows me to
do the things
I love.**

**I am grateful
for my sense of
sight because it
allows me to
see colors.**

**I am grateful for
my sense of hearing
because it allows
me to listen to the
trickles of rain, the
voices of my loved
ones, and the
harmonious chords
of music.**

**I am grateful for
my sense of touch
because it allows
me to feel the
texture of my
clothes, the breeze
of the wind, and
the hands of my
loved ones.**

**I am grateful for
my sense of smell
that allows me to
enjoy the sweet
scents of candles,
perfumes, and
flowers.**

**I am grateful for my
sense of taste
because it allows me
to savour the
sweetness of fruits,
the saltiness of
chips, the sourness
of pickles, the
bitterness of bitter
gourd, and the
spiciness of chilli.**

**I am grateful
for my ability
to speak
because it
allows me to
express myself
freely.**

**I am grateful for
my ability to be
creative, plan
and organize
because it
allows me to do
the things I love.**

**I am grateful
for my heart
because it
pumps blood
to every part
of my body,
every second
of the day.**

**I am grateful
for my lungs
because they
allow me to
breathe.**

**I am grateful for
my immune system,
because it fights
infections and
keeps me at the
peak of health.**

**I am grateful for my
hands, because they
allow me to type on
my computer, flip
through the pages
of my favorite
books, and hold the
hands of my loved
ones.**

**I am grateful for
my legs because
they allow me to
walk, run, swim,
play sports, and
curl up in the
comfort of my
bed.**

**I am grateful for
having a mind
that allows me
to think, to store
memories, and
to create new
ideas.**

**I am grateful
for my good
health,
because it
allows me to
carry on every
single day.**

**I am grateful for
school, because
it provides me
an environment
to learn and
grow.**

**I am grateful
for teachers,
because they
have passed
down their
knowledge to
me.**

**I am grateful
for the ability to
feel every single
emotion that
comes my way.**

**I am grateful for
tears, because
they allow me to
express my
deepest
emotions.**

**I am grateful for
disappointment,
because it teaches
me what is most
important.**

**I am grateful
for fear,
because it gave
me the ability
to grow.**

**I am grateful
for pain,
because it
makes me
stronger.**

**I am grateful
for sadness,
because it
makes me
appreciate the
spectrum of
human
emotions.**

**I am grateful
for happiness,
because it
allows me to
soak in the
beauty of life.**

**I am grateful
for the Sun,
because it
brings light
and beauty
into the
world .**

**I am grateful
for the Moon
and Stars,
because it
brightens up
the night sky.**

**I am grateful for
the Sunset,
because it is a
beautiful sight
to see at the end
of each day.**

**I am grateful for
the Sunrise,
because it is a
beautiful sight to
see at the start of
each day.**

**I am grateful
for the Rain,
because it cools
me down when
the weather
gets too warm.**

**I am grateful
for the Snow,
because it
makes winter
beautiful.**

**I am grateful
for rainbows,
because it is a
beautiful sight
to see after a
rainfall.**

**I am grateful
for oxygen,
because it
allows me to
breathe.**

**I am grateful
for the earth,
because it
created the
environment
for life to
begin.**

**I am grateful
for animals,
because it adds
diversity to life.**

**I am grateful
for Plants,
because they
absorb CO₂ and
release O₂.**

**I am grateful for
the Internet,
because it
connects me to
the world and
gives me access to
knowledge.**

**I am grateful for
transportation,
because they
make it easier to
commute from
one place to
another.**

**I am grateful
for mobile
phones,
because they
make it easier
to stay in touch
with others.**

**I am grateful
for computers,
because they
make my life
more efficient
and easier.**

**I am grateful
for technology,
because it
makes the
impossible
possible.**

**I am grateful
for movies,
because they
give me
entertainment
and inspire me
through
stories.**

**I am grateful for
libraries,
because it helps
me to find books
that I love.**

**I am grateful
for books,
because they
expand my
knowledge.**

**I am grateful for
inspirational
quotes, because
they add
wisdom into my
life.**

**I am grateful
for blogs,
because they
connect me
with other like-
minded people.**

**I am grateful
for shoes,
because they
protect my feet
when I go out.**

**I am grateful for
time, because it
gives me a
system to
organize myself
and keep track
of activities.**

**I am grateful for
my job, because
it gives me a
source of living
and the
opportunity to
add value into
the world.**

**I am grateful
for music,
because it lifts
up my spirits
when I am
feeling down.**

**I am grateful
for my bed,
because it gives
me a place to
sleep
comfortably
every night.**

**I am grateful for
my house,
because it gives
me a place to
stay protected
and sheltered.**

**I am grateful for
my soulmate,
because they
stand by me
through
everything.**

**I am grateful
for my best
friends. They
support me
through the
thick & thin.**

**I am grateful
for my enemies,
because they
help me
uncover my
blind spots and
become a
better person.**

**I am grateful
for kind
strangers,
because they
brighten up my
days when I
least expect it.**

**I am grateful
for my
mistakes,
because they
help me to
improve and
become better.**

**I am grateful for
heartbreaks,
because they
help me mature
and become a
better person.**

**I am grateful for
honest
conversations,
because it gives
me an
opportunity to let
my guard down
and allows me to
connect with
others.**

**I am grateful
for laughter,
because it
serenades my
life with joy.**

**I am grateful
for love,
because it lets
me feel what it
means to truly
be alive.**

**I am grateful for
challenges,
because they
have helped me
grow and become
who I am today.**

**I am grateful for
life, because it
gives me the
chance to have
beautiful
experiences.**

**I am grateful for
social media,
because it gives
me the ability to
connect with
people and
share the things
that I love.**

**I am grateful for
YouTube,
because it gives
me the ability to
watch and share
videos with
people all
around the
world,**

**I am grateful
for having
access to clean
water, because
it allows me to
shower, quench
my thirst and
wash my
clothes.**

**I am grateful
for having the
energy to do
activities that
I love.**

**I am grateful for
my strength,
because it has
helped me to
face my troubles
and overcome
my sorrows.**

**I am grateful for
my daydreams,
because they
have helped
revealed my
deepest desires.**

**I am grateful for
my clothes,
because they
protect my body
from the
weather, germs,
bacteria, and
dust.**

**I am grateful
for my haters,
because they
have taught me
to evaluate
myself and
made me grow.**

**I am grateful
for the
existence of a
God, because
He has blessed
me with the
strength to live
another day.**

**I am grateful for
the wind,
because it gives
me a cool breeze
during hot
summer day.**

**I am grateful
for vehicles,
because they
take me
where I need
to go.**

**I am grateful
for parks,
because they
give us a place
to play and
enjoy the
company of
others.**

**I am grateful
for medicine,
because they
treat me and
my loved ones
when we are
sick or hurt.**

**I am grateful for
protectors, like the
police, firefighters,
military personnel,
because they have
put their own lives
at risk for the sake
of our safety.**

**I am grateful
for my brain,
because it gives
me an endless
capacity for
learning,
creativity, and
thinking.**

**I am grateful
for having an
umbrella,
because it
keeps me dry
when it is
raining outside.**

**I am grateful
for the past,
because it
allows me to
learn from my
mistakes.**

**I am grateful
for having a
calendar,
because it
reminds of
what I need to.**

**I am grateful for
Fire, because it
helps me when I
need to cook my
favorite dishes.**

I am grateful for new beginnings, because it gives me a brand-new-start to love, to hope, and another chance to do whatever I failed to do previously.

I am grateful for the ability to take pictures, because it captures moments and preserving memories.

I am grateful for having faith to keep me going each and every day.

I am grateful for birds, because they add music to nature and are a beautiful sight to see.

I am grateful for having unlimited potential to make every day of my life feel fulfilling.

I am grateful for having sunglasses to protect my eyes from dust and sunlight.

I am grateful for history, because it teaches me about life and allows me learn from the past.

I am grateful for having numerous cultures around the world, because it allows us to learn and grow from each other.

**I am grateful
for colors
because it
brings light and
joy into the
world.**

**I am grateful
for the people
who get up
early in the
morning to
provide us with
the services we
need.**

**I am grateful for
the Bus drivers
and taxi drivers,
because they
take me where I
need to go.**

**I am grateful for
the cashiers and
baggers in
grocery stores,
who stand on
their feet for
long hours each
day.**

**I am grateful for
the waiters and
waitresses at
restaurants,
because they
provide essential
services and
bring us our food,**

**I am grateful for
the people who
have the
different values
and opinions
than me, because
they challenge
my views and
force me think
critically.**

**I am grateful for
words, whether
written, spoken
or signed, that
give meaning to
people's lives.**

**I am grateful
for science,
because it
teaches me
about the
wonders of the
world and
appreciating
its beauty.**

**I am grateful
for having
self-control to
avoid making
mistakes.**

**I am grateful for
suffering pain
and failure,
because it has
helped me to
grow and learn.**

**I am grateful for
my role models,
because they
have inspired
me to strive for
greatness.**

**I am grateful
for the money I
have, because it
allows me to
buy anything I
might ever
need or want.**

**I am grateful
for Scientists,
because they
have taught us
about the
world and
continually
find ways to
improve it.**

**I am grateful
for having
hairdressers,
because it
protects our
hair from dust
and UV
radiation.**

**I am grateful
for having a
watch, to tell
me the time.**

**I am grateful for
having paper to
write my
thoughts, create
art and share
knowledge with
others.**

**I am grateful
for having a
map to help me
find my way
when I am lost.**

**I am grateful
for having a
pen to write
everything on
my mind.**

**I am grateful for
having glue,
because it
allows me to
stick things
together.**

**I am grateful for
having a trash
bin, because it
allows me to
throw out the
trash.**

**I am grateful
for having
earphones to
listen to music
privately.**

**I am grateful for
having a Laptop
to help me do
my work.**

**I am grateful
for having a
flashdrive to
save my files.**

**I am grateful
for having
maids,
because they
help me do my
chores.**

**I am grateful
for having a
calculator to
help me do
math.**

**I am grateful for
having a wallet
to help me bring
my money,
credit card and
photos.**

**I am grateful
for the
existence of a
language
because it
helps us to
communicate.**

**I am grateful for
the trust I was
given because it
has helped me
grow to become
a responsible
person.**

**I am grateful for
having soap that
protects us from
germs, bacterium,
virus and keeping
the body to be
clean and well-
scented.**

**I am grateful
for having a
printer that
can print my
work.**

**I am grateful for
having a copy
machine that
can make copies
of my work.**

**I am grateful
for being able
to celebrate
my birthday
with my
family and
friends.**

**I am grateful
for having air
conditioning
to make me
feel cool on a
hot day.**

**I am grateful
for having a
blanket to make
me feel warm
on a cold day.**

**I am grateful for
having an anti-
mosquito spray
that can protect
us from
mosquito bites**

**I am grateful
for gardens,
because they
provide us a
place to rest,
relax, jog, play,
and hang out
with friends.**

**I am grateful
for having an
eraser to erase
my mistakes.**

**I am grateful
for having a
bag to carry
all the things I
need .**

**I am grateful for
coffee, because it
keeps me awake
and refreshed
when I need it .**

**I am grateful for
psychologists
and therapists,
because they
help people who
are struggling.**

**I am grateful
for having
technicians to
fix my
television
when it stops
working.**

**I am grateful
for having
pillows and
bolsters to hug
when we fall
asleep.**

**I am grateful for
tea, because it
keeps me
relaxed and
warm when I
need it.**

**I am grateful
for having a
rice cooker to
help me cook
rice.**

**I am grateful
for doctors,
because they
help people feel
better.**

**I am grateful for
having a place
like seven-
eleven to hang
out with my
friends.**

**I am grateful for
having
perfumes,
because it
makes me smell
nice and gives
me confidence.**

**I am grateful
for having
plastic to
cover my food
and carry the
things I need.**

**I am grateful
for having a
shampoo
because it
makes my hair
healthy and
smell nice.**

**I am grateful
for having milk
to drink and
keep my bones
strong.**

**I am grateful for
Microsoft,
because it makes
it so easy to
complete tasks.**

**I am grateful for
having internet
connection to
connect me with
people all around
the world.**

**I am grateful
for Google,
because it puts
the world at
my fingertips,**

**I am grateful for
lights, because it
gives me the
ability to see in a
dark room.**

**I am grateful for
Email, because
it makes it
possible to
communicate
quickly.**

**I am grateful
for having
chairs to sit
down when I
am tired.**

**I am grateful
for having a
towel to clean
up after me
after I take a
bath.**

**I am grateful
for having fast
food, because it
is delicious and
cheap.**

**I am grateful
for having a
bicycle to take
me places and
keep me
moving.**

**I am grateful for
the construction
workers and
architects, because
they build houses
and create
beautiful buildings
for us all.**

**I am grateful for
the garbage
man, because
they collect the
garbage and
keep the world
clean.**

**I am grateful
for my gut,
because it helps
me to digest my
food.**

**I am grateful
for having a
washing
machine to
keep my
clothes clean.**

**I am grateful
for having a
sewing
machine to
make clothes
for me.**

**I am grateful
for having
masks,
because it
protects us
from dust,
pollution,
viruses, etc.**

**I am grateful for
having chairs,
because it gives
us a place to sit
down and rest.**

**I am grateful
for being a
human,
because we
are perfect
creatures.**

**I am grateful for
having delivery
services that
help us send and
receive things.**

**I am grateful for
having parking
lots that have
space for us to
park our cars.**

**I am grateful
for rain,
because it cools
the world,
nourishes the
soil and helps
plants grow.**

**I am grateful
for having a
broom to clean
the floor easily.**

**I am grateful
for having a
moneybox to
keep my
money safe.**

**I am grateful
for having
everyday
heroes that
fight for
independence
and keep us all
safe.**

**I am grateful
for change,
because it has
made me a
better person.**

**I am grateful for
having a
department
store that can
supply me with
my daily needs.**

**I am grateful
for having
malls that
provide a wide
range of
facilities,
recreation,
shopping areas
and gives me a
place hangout.**

**I am grateful
for having
traditional
markets that
can supply the
daily needs
cheaper.**

**I am grateful
for having road
signs to keep us
breaking the
laws.**

**I am grateful
for having
trains to take
us to places and
avoid traffic.**

**I am grateful for
having sticky
notes to remind
me of what I
need to do.**

**I am grateful
for having
baby strollers
to help us
easily bring
children
around.**

**I am grateful
for having
traffic lights to
help us avoid
congestion,
accidents and
density.**

**I am grateful
for having day
offs, because
they give me
time to relax.**

**I am grateful
for having
alarms to wake
me up in the
morning.**

**I am grateful
for having
mops, because
they help to
clean the floor
easily.**

**I am grateful
for having
handkerchiefs
to protect the
nose and
mouth from
dust, wiping
sweat, and
wiping tears.**

**I am grateful
for having
eyelashes to
protect my
eyes from dust
and sunlight.**

**I am grateful
for having
antivirus to
protect my
computer,
laptop, cell
phone, etc.**

**I am grateful
for having a
scripture that
can help me
get closer to
God.**

**I am grateful
for having CDs
and DVDs, to
make it so
much easier to
watch movies.**

**I am grateful
for having oil
to make dishes
so much more
delicious, and
give us the
necessary
nutrients we
need.**

**I am grateful
for having
microphones
to help us
speak louder
and allow us to
be heard by
people**

**I am grateful
for having an
internship to
introduce me to
the working
world and
provide me
with the
knowledge we
need.**

**I am grateful
for having
exams to test
how much
knowledge we
have learned.**

**I am grateful
for having
teapots that
can keep the
water hot.**

**I am grateful
for having
mixers that
can quickly
make a cake
batter.**

**I am grateful
for having an
oven to make
cakes, pizza,
and types of
delicious
dishes.**

**I am grateful
for having a
hairbrush that
can help tidy up
my hair
quickly.**

**I am grateful
for having
braces to help
make my teeth
nice and pretty.**

**I am grateful
for having
contact lenses
to help us see
clearly.**

**I am grateful
for having
make up to
express myself
creatively and
feel beautiful,**

**I am grateful
for having
cotton buds to
help clean my
ears easily.**

**I am grateful
for having a
tooth brush
to help clean
my teeth
easily.**

**I am grateful
for having a
lipstick to
change the
color of my lips
and make me
feel more
beautiful.**

**I am grateful
for having a
lip balm to
help keep my
lips moist.**

**I am grateful
for having an
eyebrow pencil
to define my
eyebrows.**

**I am grateful
for having a
hairdryer to
make my hair
dry quickly.**

**I am grateful
for having
earrings to
accessorize my
look and make
me look pretty.**

**I am grateful
for having sport
shoes to make
me feel more
comfortable
when doing
sports.**

**I am grateful
for having
elevators to
help us go up
and down with
ease and
convenience.**

**I am grateful
for having
paint to allow
me to create
art and bring
color into the
world.**

**I am grateful
for having a
paint brush to
help me paint
easily and
quickly.**

**I am grateful
for having
fertilizer to
help make my
plants grow.**

**I am grateful
for having
mangroves
that protect
coastal areas
from erosion.**

**I am grateful
for the forest,
because it
gives life to
many kinds of
animals and
plants.**

**I am grateful
for having
tissues to help
us to clean dirt
or wipe our
tears.**

**I am grateful
for having
straws to help
us drink easily.**

**I am grateful
for having
zebra crossings
to help us safely
to cross the
road.**

**I am grateful
for having
bridges to help
cross to places
quickly.**

**I am grateful
for having
highlighters
to help mark
important
words.**

**I am grateful
for having
rulers to help
measure the
length and
width of
something.**

**I am grateful
for having
psychological
tests to help
measure IQ,
personality,
work attitude
someone.**

**I am grateful
for having
kitchen
equipment to
help me cook.**

**I am grateful
for having
cameras to
help me
capture
moments in
time.**

**I am grateful
for having
picture frames
to help me
display my
pictures.**

**I am grateful
for having
planes to fly
around the
world.**

**I am grateful
for having
vaccines to
protect my
body from
viruses.**

**I am grateful
for having
dictionaries to
learn new
words and
pick up new
languages.**

**I am grateful
for having
keys to keep
things
guarded and
safe.**

**I am grateful
for having chili
to make food
spicy and
delicious to eat.**

**I am grateful
for having
sugar to make
food sweet and
delicious to
eat.**

**I am grateful
for having
refrigerators
to keep food
and beverages
durable, fresh,
and cold.**

**I am grateful
for having ice
cubes to make
our drinks
cooler.**

**I am grateful
my body and
the ability for it
to continually
function.**

**I am grateful
for having
gasoline that
gives fuel to
keep vehicles
going.**

**I am grateful
for having
nail clippers
to cut my
nails and
make them
look nice and
neat.**

**I am grateful
for having
video games to
entertain me
when I am
bored.**

**I am grateful
for having
snacks that can
satisfy my
hunger.**

**I am grateful
for having
protective
gears to protect
us from harm
wherever and
whenever we
need it.**

**I am grateful
for having
chocolate to
keep me happy.**

**I am grateful
for having ice
cream to keep
me cool during
the summer.**

**I am grateful
for having
trophies to
reward our
victory.**

**I am grateful
for having
discounts when
I go shopping
for the thing I
need.**

**I am grateful
for having
carpets that
decorate the
room and
make the
ground
comfortable
to sit on.**

**I am grateful
for having a
passport that
allows me to
travel abroad.**

**I am grateful
for having
passwords that
can protect my
account.**

**I am grateful
for having
bookmarks to
mark my place
in a book.**

**I am grateful
for having
fishing
equipment to
help catch fish.**

**I am grateful
for having
swimming pools
to play in
during a hot
day.**

**I am grateful
for having
fruits, which
contain
vitamins and
make me
healthier.**

**I am grateful
for having
vegetables that
make my body
healthier and
help my
digestive
system.**

**I am grateful
for
researchers
who have
added to the
vast amount of
knowledge in
the world.**

**I am grateful
for having
inventory
scales that
help us
measure data.**

**I am grateful
for having
advertisement
s to give us a
reference of
what we want
to buy.**

**I am grateful
for having
speakers that
make listening
to music even
more exciting.**

**I am grateful
for having
juicers that
help me to
make a juice.**

**I am grateful
for having
scarecrows
that help scare
the birds away
and keep the
crops safe.**

**I am grateful
for having
fishing nets
that help catch
fish.**

**I am grateful
for having
dentures that
help the
elderly eat.**

**I am grateful
for having toys
that make
children
happy.**

**I am grateful
for having
candles that
help us see in
the dark.**

**I am grateful
for having
candies to
make our
days a little
sweeter.**

**I am grateful
for having
memory cards
to help save our
data for a long
time.**

**I am grateful
for rainbows,
because it is a
beautiful sight
to see.**

**I am grateful
for having
graveyards to
bury those we
have lost and to
give us place to
grief.**

**I am grateful
for having
CCTVs to make
places safer
from thieves.**

**I am grateful
for having a
sense of
personal
identity to
help me define
who I am.**

**I am grateful
for having a
scholarship
that helps me
to get an
education.**

**I am grateful
for having
cheese to give
me calcium
and add
flavour to my
favourite
dishes.**

**I am grateful
for having
people around
me who are
kind.**

**I am grateful
for having a
music player to
play my
favorite songs.**

**I am grateful
for having
antibodies to
protect me
from viruses,
germs and
bacteria.**

**I am grateful
for strangers
that smile and
wave when I am
walking down
the street.**

**I am grateful
for having the
freedom of
choice.**

**I am grateful
for being able
to smile.**

**I am grateful
for being able
to live another
day.**

**I am grateful
for my life.**

**I am grateful
for having
hotdogs
because they
are a delicious
dish to eat.**

**I am grateful
for having the
ability to live
my life.**

**I am grateful
that I can be
useful to
others.**

**I am grateful
for the self -
control I have
developed
through my
experiences.**

**I am grateful
for having
educational
resources that
are easily
accessible
through the
internet.**

**I am grateful
for having
people who
want to help me
when I am in a
difficult
situation.**

**I am grateful
for having the
ability to give
back to those
who are in
need.**

**I am grateful
for having the
ability to make
someone smile.**

**I am grateful
for having the
ability to give
happiness to
someone
through a gift.**

**I am grateful
for having the
power to make
life's decisions.**

**I am grateful
for being a nice
person who
doesn't create
trouble for
others.**

**I am grateful
for having
storage boxes
that protect my
things from
insects and
dust.**

**I am grateful
for having
history to learn
from the
mistakes of the
past.**

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T | H | R | I | V | E
FRAMEWORK

286 reasons
to be
grateful.

gratitude for greater happiness.

For more resources, check out the Thrive Framework toolbox: thriveframework.com/resource-library/