



Three Weeks to Thrive 21 Days of Gratitude Course

IDEAS FOR YOUR LISTS IF YOU FEEL STUCK

People You're Grateful for

Family	Store Clerks	Neighbours
Partner	Medical Teams	Deceased People
Friends	Service Positions	Teachers
Community Members	Strangers	Kind Passerbys
Friendly Connections	Colleagues	Helpful People

Places You're Grateful for

Current Residence	Places You Want to Travel	Plays
Past Residences	Inspiration Abroad	Concerts
Places Travelled	Felt like Home, Safe	Museums
Rooms in Your Home	Natural Wonders (lakes, forests, etc)	

Conveniences You're Grateful for

Running Water	Transportation	Income to pay bills
Clean Clothes	Medical Care	Things that bring you comfort or joy
Bed to Sleep	Hygiene Supplies	Computer/Internet
Clean Dishes	Pet Care	TV/Streaming
Food to Eat	Air Conditioning/Fans	Medication
Appliances	Heat & Warm Clothes	

Favourite Things You're Grateful for

Animals	Games	Music	Adventures
Books	Podcasts	Sports	Objects
Websites	Hobbies	Pets	Useful Things
Memes	Snacks	Colours	Helpful Things
Activities	Topics to learn or talk about	Fun Things	

Other Things You're Grateful for

Health	Values	Spirit Guides	Connections
Freedoms	Events or Circumstances	Epiphanies	
Law & Structure	Decisions & Choices	Memorable Moments	