Using the checklist

1. Review each of the categories, assess if they meet your needs and if not, add or amend the questions so that it reflects the things that are important to you.
2. Use these questions to identify something positive in your life now. Take some time to think through how this positive element makes you feel happy, relaxed, excited, or pleased.
3. Now think about how you can help others in your team to develop the skills for finding things they feel grateful for and that make them feel positive.

Categories and questions

Relationships.

* Who has done something this week to help you or make your life easier and how can you thank them?
* Who inspires you and what are you inspired by in the way they conduct their life?
* List 5 people in your life who are hard to get along with—and write down at least one quality for each that you are grateful for.

Home life

* What part of your morning routine are you most thankful for?
* What is your favourite part of the end of each day and why does it make you feel thankful?
* What material items are you grateful to have in your home?
* How is where you are in life today different than a year ago–and what positive changes are you thankful for?
* What activities and hobbies would you miss if you were unable to do them?

Work life

* What skills or abilities are you thankful to have?
* What work experiences are you grateful for?
* What is something you are grateful to have learned this week?
* What work equipment are you thankful to have access to?
* What is there about a challenge you’re experiencing right now that you can be thankful for?

Natural world

* What elements of nature are you grateful for and why?
* What foods are you most thankful for?
* What green spaces near your home are you thankful for?
* What views are you thankful for?