

QUESTIONS FOR SELF-REFLECTION ABOUT GRATITUDE



Your impulse sheet for personal growth.

A warm welcome

to 28 questions about gratitude

What you can expect

Gratitude opens our eyes to what is already valuable and fulfilling in our lives. This inspiration sheet invites you to pause for a moment and consciously reflect on what you are grateful for. Carefully selected questions will help you organize your thoughts, gain insights, and find a new approach to yourself - as a step toward greater self-reflection and inner contentment.

What self-reflection brings you

Self-reflection and gratitude are key to inner strength, well-being, and contentment. Those who consciously take the time to examine their own thoughts, feelings, and actions not only recognize personal development, but also what really matters in life. Gratitude shifts the focus away from scarcity and toward appreciation and abundance - it creates clarity, serenity, and a deep connection to oneself.

I wish you much joy and success on your path to more self-knowledge and personal growth!

Warm greetings

Your Tan



MY NAME:

28 QUESTIONS ABOUT GRATITUDE

1. What can I be thankful for today?

2. What was the best thing that happened today?

3. What are three positive things that happened to me today?

4. Who or what made me smile today?

5. What small gesture or encounter enriched your day?

QUESTIONS ABOUT GRATITUDE

GRATITUDE IN EVERYDAY LIFE AND AT WORK

6. What was good about my work/studies/day today?

7. Which situations took an unexpected turn for the better today?

8. What did I do today to actively influence my own happiness?

9. Which aspects of my work environment or everyday life am I grateful for?

QUESTIONS ABOUT GRATITUDE

GRATITUDE FOR PEOPLE AND RELATIONSHIPS

10. Which people in my life am I particularly grateful for at the moment?

11. Why am I grateful that these people exist?

12. How have I shown my gratitude to another person today? (e.g., through words, gestures, help)

Personal notes:

QUESTIONS ABOUT GRATITUDE

GRATITUDE FOR YOURSELF AND YOUR OWN BODY

13. What do I appreciate about myself?

14. What do I like about my body?

15. Which of my qualities/abilities make me proud and grateful?

Personal notes:

QUESTIONS ABOUT GRATITUDE

NATURE AND OPPORTUNITIES

16. What am I grateful for in nature?

17. What can I learn from nature?

18. What experiences in my life am I grateful for, even if they were difficult?

19. What have I learned recently that I am grateful for?

20. What opportunities do I have in my life that I am grateful for?

QUESTIONS ABOUT GRATITUDE

SCALE QUESTIONS (SCALE 1-7)

“Please indicate how much you agree with the following statements.”

21. There are many things in my life for which I am grateful.

1 = none / 7 = many

22. There are many people in my life for whom I am grateful.

1 = no one / 7 = many

23. Thinking about everything I am grateful for makes me happy.

1 = very much / 7 = not at all

24. I regularly pause to reflect on the good things in my life.

1 = never / 7 = regularly

QUESTIONS ABOUT GRATITUDE

SCALE QUESTIONS (SCALE 1-7)

“Please indicate how much you agree with the following statements.”

25. I make it a priority to thank others for their help.
1 = never / 7 = regularly

26. I believe that gratitude is an important value in life.
1 = not at all / 7 = very much

SCALE QUESTIONS (SCALE 1-10)

27. My level of gratitude today: ___ / 10

28. How often have I paused today to be grateful?
(1 = never, 10 = very often)

Congratulations, well done!