Name _____

The Magic of Gratitude: Counting the Benefits

Open-Ended Response Questions

1. Reflect on a time when you found it challenging to practice gratitude during a difficult situation. How did you eventually find something to be grateful for, and what did you learn from that experience?

2. Imagine a world where everyone practiced gratitude regularly. How do you envision this world, and how might it differ from our current reality? What challenges might still exist in such a world?

3. Discuss the connection between gratitude and generosity. How does gratitude inspire individuals to be more generous and kind to others? Share examples if possible.

4. Share a personal goal related to practicing gratitude in your daily life. Describe the steps you plan to take to achieve this goal and the positive impact you hope it will have on your overall well-being.

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