

Name _____

The Role of Gratitude in Well-Being and Happiness

Open-Ended Response Questions

1. Can you share a personal experience where expressing gratitude made a difference in your day or a relationship? How did it feel?
2. Why is it important to practice gratitude for your well-being and happiness?
3. How do you think gratitude can help you cope with challenges and difficult situations?
4. Besides keeping a gratitude journal, what are some other creative ways you can practice gratitude in your daily life?

