



# September Gratitude Prompts



Express your  
gratitude for ...

|                    |                |                 |                  |                      |                  |
|--------------------|----------------|-----------------|------------------|----------------------|------------------|
| 1<br>education     | 2<br>quiet     | 3<br>recovery   | 4<br>food banks  | 5<br>friends         | 6<br>positivity  |
| 7<br>work          | 8<br>breakfast | 9<br>literacy   | 10<br>prevention | 11<br>struggles      | 12<br>resilience |
| 13<br>grandparents | 14<br>sobriety | 15<br>IT people | 16<br>crafts     | 17<br>citizenship    | 18<br>balance    |
| 19<br>dancing      | 20<br>health   | 21<br>gratitude | 22<br>autumn     | 23<br>support groups | 24<br>neighbors  |
| 25<br>laughter     | 26<br>wellness | 27<br>safety    | 28<br>questions  | 29<br>survivors      | 30<br>community  |