



The Big Gratitude List

These items range from the more tangible and obvious to subtle, with some introspective items that may require a bit more thought. This list is designed to help us connect to both the small comforts and the deeper aspects of our lives. Some suggestions for using this list in group therapy are below. Do not feel compelled to do them all, mix and match various ideas that interest the group:

Random Shout Out – Group leader randomly picks a number from 1 to 200 and the group member who is taking their turn should discuss the corresponding item.

Which One Stands Out – What are one or two items from this list that stand out to you and catch your eye today?

Give an Example or Tell a Story – Select an item and then provide a more detailed and personal description of why you picked that item or share an interesting real-life story related to the selected item on the list.

Taken for Granted – What is an item (or two) from the list that you take for granted and perhaps do not think about and appreciate in your life as much as you should?

Special – What is an item on the list that you feel may be especially meaningful to you even more than it is to most people? (and if you can explain why)

Recovery Specific – Which one of these stands out as an essential part of your personal journey of recovery and positive change?

I Got It – What item do you have a good amount of or easy access too or you would consider a strong point in your life today?

I Want It – What is an item on the list that stands out as something you want more of in your life. Then describe: How do you plan to have more one day?

A Struggle – Are there any things on this list that are a struggle for you?

I Love It – What is something from this list that you truly and deeply love?

I've Learned to Appreciate – What is an item on the list that you may not have been grateful in the past but through your life experiences you have learned to truly appreciate and feel grateful for it today?

Learn More – Are there any items on this list you would like to learn more about from others?

Gift Outside – If you could give a gift of one of these to another person in your life which would you pick and who would you give it to?

Gift Inside – If you had to give one of these to another group member which do you pick and to whom do you give this gift too?

Gift Self – Which of these would you love to give as a gift to yourself and why?

Make the World a Better Place – Select an item that if everyone had it: the world would be just a little better

Your Ideas? – Can anyone come up with any other interesting ideas for discussing this gratitude list?

"The more grateful I am, the more beauty I see." - Mary Davis



Basic Needs & Comforts

1. A Roof Over My Head
2. Clean Drinking Water
3. Modern Conveniences (Electricity, Internet, Hot Showers)
4. A Warm Bed at Night
5. Good Health and Physical Abilities, Even Small Ones
6. A Private Place for Quality Alone Time
7. Comfortable Silence with Someone You Care About
8. A Favorite Comfort Food that Reminds You of Home
9. The First Breath of Crisp Morning Air
10. Moments of Stillness in Nature

Relationships & Social Connections

11. Close Friends Who Listen Without Judging
12. Someone Who Genuinely Sees and Values You for Who You Are
13. A Feeling of Belonging in a Group or Community
14. Shared Meals and Conversations Around the Table
15. The Warmth of a Hug from Someone You Care About
16. Pets or Animals that Provide Comfort and Companionship
17. Having Someone Who Believes in You When You Doubt Yourself
18. A Handwritten Note or Message from Someone You Love
19. Deep Conversations that Stay with You Long After
20. Unplanned Moments that Turn into Lifelong Memories

Personal Growth & Resilience

21. Lessons Learned from Hard Situations
22. The Ability to Feel Emotions Fully, Even the Tough Ones
23. Being Able to Learn from Mistakes and Grow
24. Personal Failures that Became Stepping Stones
25. The Resilience that Comes from Facing Difficult Times
26. Growth that Comes from Facing Uncomfortable Truths
27. The Ability to Adapt to Change and Move Forward
28. Overcoming a Fear, Even a Small One
29. The Strength Found in Vulnerability
30. Knowing How to Laugh at Yourself

Joy & Beauty in Life

31. The Sound of Laughter
32. The Smell of Freshly Brewed Coffee or Tea
33. A Good Book or Movie that Makes You Think
34. The Beauty of a Sunset or Starry Sky
35. The Way Music Can Change Your Mood Instantly
36. A Sense of Humor that Helps Weather Tough Times
37. A Favorite Place that Feels Like Sanctuary
38. The Joy of Giving to Others Without Expecting Anything in Return
39. The Perspective Gained from Aging and Experience
40. Being Able to Witness Someone Else's Joy

Opportunities & Experiences

41. Creative Expression in Any Form (Art, Music, Writing)
42. Access to Education and Knowledge
43. The Chance to Start Over Whenever Needed
44. Spontaneous Decisions that Led to Positive Outcomes
45. The Uncertainty of Life that Makes Adventure Possible



46. Tiny Daily Rituals that Make Life Feel Stable (Morning Routine, Saying Goodnight)
47. A Sense of Wonder at Life's Complexity
48. The Opportunity to Rest Without Guilt
49. Flaws that Make Loved Ones Unique
50. The Ability to Forgive Others and Yourself

Basic Needs & Comforts

51. Fresh, Clean Clothes
52. Access to Medical Care
53. The Safety of a Locked Door
54. The Warmth of Sunlight
55. A Hot Meal When Hungry

Relationships & Social Connections

56. Friends Who Make You Laugh
57. Supportive Family Members
58. Mentors Who Guide You
59. Neighbors Who Look Out for Each Other
60. The Kindness of Strangers

Personal Growth & Resilience

61. The Ability to Set Boundaries
62. Discovering Inner Strength You Didn't Know You Had
63. Learning to Let Go of What You Can't Control
64. Finding Peace in Imperfection
65. Taking Small Steps Towards Big Goals

Joy & Beauty in Life

66. Watching Children Play
67. The Feeling of Warm Sand Between Your Toes
68. The Smell of Rain After a Long Dry Spell
69. Seeing Wildlife in Their Natural Habitat
70. The Taste of Fresh Fruit in Season

Opportunities & Experiences

71. The Ability to Travel and Explore New Places
72. The Chance to Learn New Skills
73. Volunteering and Making a Difference
74. Participating in Traditions and Celebrations
75. Having Dreams and Aspirations

Basic Needs & Comforts

76. A Place to Call Home
77. The Feeling of Clean Sheets
78. The Comfort of Familiar Surroundings
79. Access to Nutritious Food
80. Warm Clothing on a Cold Day

Relationships & Social Connections

81. Reconnecting with an Old Friend
82. The Unspoken Understanding Between Close Friends
83. Being Part of a Team Working Towards a Goal
84. The Love of a Pet
85. A Smile from a Stranger



Personal Growth & Resilience

- 86. Finding Courage in Difficult Moments
- 87. Accepting Yourself as You Are
- 88. The Ability to Keep Moving Forward Despite Setbacks
- 89. Learning Something New About Yourself
- 90. Turning Negative Experiences into Positive Change

Joy & Beauty in Life

- 91. The Colors of Autumn Leaves
- 92. The Calm of a Starry Night
- 93. The First Snowfall of Winter
- 94. The Joy of Creating Something with Your Hands
- 95. The Thrill of Trying Something New

Opportunities & Experiences

- 96. Second Chances
- 97. A New Day Filled with Possibilities
- 98. The Freedom to Make Your Own Choices
- 99. The Ability to Help Others in Need
- 100. The Gift of Time to Do What You Love

Mental & Emotional Well-being

- 101. Moments of Clarity
- 102. Learning How to Meditate and Relax
- 103. The Ability to Trust Your Intuition
- 104. A Supportive Therapist or Counselor
- 105. A Mind Free from Overwhelm and Anxiety
- 106. Learning How to Effectively Communicate Your Needs
- 107. Having a Space for Self-Reflection
- 108. The Emotional Growth that Comes from Self-Awareness
- 109. The Comfort Found in a Routine
- 110. The Ability to Embrace Your Own Emotions

Career & Professional Life

- 111. A Job that Brings Fulfillment
- 112. An Experienced Coworker Who Offers Guidance and Training
- 113. The Ability to Work Towards Professional Goals
- 114. Opportunities for Career Growth
- 115. The Chance to Learn New Skills on the Job
- 116. Supportive Colleagues
- 117. A Healthy Work-Life Balance
- 118. Being Able to Take a Mental Health Day
- 119. A Boss Who Encourages Your Development
- 120. The Satisfaction of Completing a Challenging Project

Community & Social Support

- 121. Having Access to Community Resources
- 122. Feeling Supported by Neighbors
- 123. The Spirit of Volunteering and Helping Others
- 124. Social Programs that Benefit the Community
- 125. Witnessing the Power of Collective Action
- 126. Local Businesses that Enhance Community Life
- 127. Celebrating Cultural Events Together
- 128. Acts of Kindness from Strangers



- 129. Community Spaces Like Parks and Libraries
- 130. The Sense of Pride in Where You Live

Nature & Environment

- 131. Fresh Air and Open Skies
- 132. The Tranquility of the Ocean
- 133. Being Able to Walk Through a Forest
- 134. Blooming Flowers in Spring
- 135. Watching the Sunrise
- 136. The Sound of Birds Chirping in the Morning
- 137. The Shade of a Tree on a Hot Day
- 138. The Wonder of Seeing Stars at Night
- 139. The Beauty of a Rainbow After Rain
- 140. The Smell of Fresh Pine Needles

Creativity & Inspiration

- 141. The Freedom to Express Yourself Artistically
- 142. Inspiration from Other People's Creativity
- 143. Finding Beauty in Unexpected Places
- 144. The Joy of Painting, Drawing, or Crafting
- 145. Writing Down Your Thoughts and Ideas
- 146. Being Able to Play a Musical Instrument
- 147. The Process of Creating Something from Scratch
- 148. Being Inspired by Others' Achievements
- 149. Finding Creative Solutions to Problems
- 150. Sharing Your Creativity with Others

Physical Activities & Health

- 151. Being Able to Move Your Body Freely
- 152. The Joy of Stretching Out After Sitting
- 153. A Refreshing Swim on a Hot Day
- 154. The Adrenaline Rush from Physical Exercise
- 155. A Body That Heals Itself
- 156. The Endorphins Released After a Workout
- 157. The Feeling of Getting Stronger
- 158. Finding Enjoyment in a Favorite Sport
- 159. The Ability to Participate in Physical Challenges
- 160. The Calming Effect of Yoga and Breathing Exercises

Hobbies & Passions

- 161. Being Able to Spend Time on a Hobby
- 162. Discovering a New Interest or Passion
- 163. Joining Clubs or Groups with Similar Interests
- 164. The Excitement of Starting a New Project
- 165. Sharing Hobbies with Friends
- 166. The Satisfaction of Improving a Skill
- 167. Collecting Items that Bring Joy
- 168. Having the Time to Devote to Your Interests
- 169. Teaching Others About Your Passions
- 170. Seeing Your Progress Over Time

Technology & Modern Advancements

- 171. Access to Reliable Transportation
- 172. Video Calls to Stay in Touch with Loved Ones



173. Assistive Technologies for Those in Need
174. Online Learning Platforms
175. Tools that Help with Productivity
176. The Convenience of Online Shopping
177. Weather Forecasts to Help Plan Your Day
178. Having Access to Emergency Services
179. Smart Devices that Make Daily Life Easier
180. Advances in Medical Technology

Food & Culinary Experiences

181. The Joy of Trying a New Cuisine
182. Home-Cooked Meals Made with Love
183. The Variety of Spices that Enhance Flavor
184. Freshly Baked Bread
185. The Refreshing Taste of a Cold Drink on a Hot Day
186. The Comfort of a Favorite Snack
187. The Experience of Dining Out
188. The Skill of Cooking and Sharing Food with Others
189. Seasonal Fruits and Vegetables
190. A Delicious Dessert After a Meal

Mindfulness & Presence

191. The Ability to Be Present in the Moment
192. Mindful Breathing Exercises
193. Gratitude Journaling as a Daily Practice
194. Walking Barefoot on Grass
195. Letting Go of Negative Thoughts
196. The Practice of Yoga and Meditation
197. Being Aware of Your Senses
198. The Feeling of Inner Peace
199. Moments of Pure Awareness
200. Appreciating Life's Simple Pleasures

Closing Group Questions (Optional)

1. **How has reflecting on gratitude today possibly changed your perspective on your current challenges? Elaborate**
2. **What is one thing you are grateful for that you really want to keep thinking about going forward?**
3. **How can you incorporate gratitude even more into your daily routine moving forward?**
4. **How did hearing others' reflections on gratitude influence you in a positive way today?**
5. **What impact do you think and hope practicing gratitude will have on your life and your relationships with others?**