



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. A Refuge from Heat, Cold, and Storms
10. Access to Medical Care

Relationships & Social Connections

11. The Unspoken Understanding Between Close Friends
12. Someone Who Genuinely Sees and Values You for Who You Are
13. A Feeling of Belonging in a Group or Community
14. The Fulfillment and Bond of a Deep Conversation with a Friend
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
21. Friends Who Make You Laugh
22. Supportive Family Members
23. The Kindness of Others Who Care

Personal Growth & Resilience

24. Lessons Learned from Hard Situations
25. The Ability to Feel Emotions Fully, Even the Tough Ones
26. Being Able to Learn from Mistakes and Grow
27. The Ability to Keep Moving Forward Despite Setbacks
28. The Resilience that Comes from Successfully Navigating Difficult Times
29. Growth that Comes from Facing Uncomfortable Truths
30. Finding Courage in Difficult Moments
31. Overcoming a Fear, Even a Small One
32. The Strength Found in Vulnerability
33. Knowing How to Laugh at Yourself
34. The Ability to Set Boundaries
35. Discovering Inner Strength, You Didn't Know You Had
36. Learning to Let Go of What You Can't Control
37. Finding Peace in Imperfection
38. Taking Small Steps Towards Big Goals

Joy & Beauty in Life

39. The Sound of Laughter
40. The Smell of Freshly Brewed Coffee or Tea
41. A Good Book or Movie that Makes You Think
42. The Beauty of a Sunset
43. The Way Music Can Change Your Mood Instantly
44. A Sense of Humor that Helps Weather Tough Times
45. A Favorite Place that Feels Like Sanctuary
46. The Joy of Giving to Others Without Expecting Anything in Return
47. The Perspective Gained from Aging and Experience



48. Being Able to Witness Someone Else's Joy
49. The Colors of Autumn Leaves
50. The Calm of a Starry Night
51. The First Snowfall of Winter
52. The Joy of Creating Something with Your Hands
53. The Thrill of Trying Something New
54. Watching Children Play
55. The Feeling of Warm Sand Between Your Toes
56. The Smell of Rain After a Long Dry Spell
57. Seeing Wildlife in Their Natural Habitat
58. The Taste of Fresh Fruit in Season
59. The Love and Special Bond with a Pet

Opportunities & Experiences

60. Access to Education and Knowledge
61. The Chance to Start Over Whenever Needed
62. Well Planned Decisions that Led to Positive Outcomes
63. The Uncertainty of Life that Makes Adventure Possible
64. Tiny Daily Rituals that Make Life Feel Stable (Morning Routine, Saying Goodnight)
65. A Sense of Wonder at Life's Complexity
66. The Opportunity to Rest Without Guilt
67. Flaws that Make Loved Ones Unique
68. Sharing Your Knowledge or Skills with Others
69. The Ability to Travel and Explore New Places
70. The Chance to Learn New Skills
71. Helping Others and Making a Difference
72. Creating New Memories with Loved Ones
73. Having Dreams and Aspirations
74. Creative Expression in Any Form (Art, Music, Writing)
75. A New Day Filled with Possibilities
76. The Freedom to Make Choices
77. The Ability to Help Others in Need
78. The Gift of Time to Do What You Love

Mental & Emotional Well-being

79. Learning How to Relax and Let Go
80. The Ability to Trust Your Own Decision-Making
81. A Supportive Therapist or Counselor
82. A Mind Free from Overwhelm and Anxiety
83. Learning How to Effectively Communicate Your Needs
84. Having Time and Space for Self-Reflection
85. The Emotional Growth that Comes from Self-Awareness
86. The Comfort Found in a Positive Routine
87. The Ability to Embrace Your Own Emotions
88. Mentally Surfing Through Moments of Stress without Frustration
89. Increasing Self-Esteem and Self Worth
90. Learning to Practice Positive Thinking Even in Negative Situations
91. Overcoming Depressive Symptoms with Good Coping Skills
92. Managing Emotions Without Impulsivity or Loss of Control
93. Tolerating Discomfort or Distress with Self-Soothing and Positive Self Talk
94. Channeling Negative Energy into Positive Outlets
95. Letting Go of Anger and Finding Inner Peace
96. The Ability to Forgive Others and Yourself
97. Moments of Clarity



Career & Professional Life

98. An Experienced Coworker Who Offers Guidance and Training
99. The Ability to Work Towards Professional Goals
100. Opportunities for Education or Career Growth
101. The Chance to Learn New Skills on the Job
102. Supportive Colleagues
103. A Healthy Work-Life Balance
104. Being Able to Take a Mental Health Day
105. A Boss Who Encourages Your Development
106. The Satisfaction of Completing a Challenging Project
107. The Joy of a Graduation, Certification, or Promotion
108. A Job that Brings Fulfillment

Community & Social Support

109. Feeling Supported by Neighbors
110. The Spirit of Volunteering and Helping Others
111. Social Programs that Benefit the Community
112. Witnessing the Power of Collective Action
113. Local Businesses that Enhance Community Life
114. Celebrating Cultural Events Together
115. Acts of Kindness from Strangers
116. Community Spaces Like Parks and Libraries
117. The Sense of Belonging in Where You Live
118. Having Access to Community Resources

Nature & Environment

119. The Tranquility of the Ocean
120. Being Able to Walk Through a Forest
121. Blooming Flowers in Spring
122. Observing Animals in their Natural Habitat
123. The Sound of Birds Chirping in the Morning
124. The Shade of a Tree on a Hot Day
125. The Wonder of Seeing Shapes in the Clouds
126. The Beauty of a Rainbow After Rain
127. The Smell of Fresh Pine Needles
128. Walking Barefoot on Grass
129. The Warmth of the Sun on Your Face
130. The Splendor of a Mountain
131. The Beauty of Lakes, Rivers, and Streams
132. Listening to the Gentle Sounds of Rain
133. Fresh Clean Air and Open Skies

Creativity & Inspiration

134. Finding Beauty in Unexpected Places
135. The Joy of Painting, Drawing, or Crafting
136. Writing Down Your Thoughts and Ideas
137. Being Able to Sing or Play a Musical Instrument
138. The Process of Creating Something from Scratch
139. Coming Up with Unique Ideas and Bringing Them to Life
140. Finding Creative Solutions to Problems
141. Sharing Your Creativity with Others
142. The Fulfillment of Completing a Project
143. The Freedom to Express Yourself
144. Inspiration from Other People's Creativity



Physical Activities & Health

145. Being Able to Move Your Body Freely
146. The Joy of Stretching Out After Sitting
147. A Refreshing Swim on a Hot Day
148. The Adrenaline Rush from Physical Exercise
149. A Body That Heals Itself
150. The Endorphins Released After a Workout
151. The Feeling of Getting Stronger
152. Finding Enjoyment in a Favorite Sport
153. The Ability to Participate in Physical Challenges
154. Building Physical Coordination and Dexterity
155. Overcoming a Bad Habit for Your Long-Term Wellness
156. Seeing Your Body Take Shape as a Result of Healthy Exercise
157. The Feeling of Satisfaction from Making Healthy Choices
158. Milestone of Personal Progress toward Health Goals
159. Developing and Improving in Outdoor Recreation or Sports
160. The Sense of Satisfaction that Comes with Persistent Practice

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 Honing Your Craft
167. Collecting Items that Bring Joy
168. Having the Time to Devote to Your Interests
169. Teaching Others About or Sharing 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 and Sauces that Enhance Flavor
184. The Unique Satisfaction of Your Favorite Dish Made Just Right
185. The Refreshing Taste of Fresh Ingredients and Produce
186. The Comfort of a Favorite Snack at the Right Time
187. The Experience of Dining Out
188. The Skill of Cooking Good Food and Sharing with Others
189. The Pleasure of Ordering Take Out from Your Favorite Place
190. A Delicious Dessert After a Meal



Mindfulness & Presence

191. The Ability to Be Present in the Moment
192. Mindful Breathing and Relaxation
193. Feeling Grateful as Daily Practice
194. Letting Go of What You is Not Good for You
195. The Practice of Self Introspection and Self Awareness
196. Being Aware of Your Senses
197. The Feeling of Inner Peace
198. Moments of Self Discovery
199. Appreciating Life's Simple Pleasures
200. Feeling Satisfaction Internally Regardless of External Pressures

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?**



**"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." –
*Melody Beattie***