

# Kindness Quest



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**What does the phrase  
“give thanks” mean  
to you?**

**What made you  
laugh or smile  
today?**

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What's an aspect of how you were parented for which you feel grateful?

If you could thank one person (living or dead) for his or her influence on your life, who would you thank?

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How do you stay  
focused on gratitude  
throughout the year?

What's something enjoyable you  
get to experience every day that  
you've come to take for granted?



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If you could invent a holiday, what would it be called and what would it celebrate?

What advice would you pass on to the next generation as they establish their own holiday traditions?



# Kindness Quest

What random acts of kindness have you received this year?

Have you had a chance to help someone recently, and how did that make you feel?

