

GRATITUDE PROMPTS

STRAIGHT-A GUIDE — SUPPLEMENTAL RESOURCE

FACILITATOR NOTE

This resource supports the Appreciation, Attitude, Accountability, and Application lessons of the Straight-A Guide. Gratitude is presented here as a practice, not a mood. Staff should focus on completion, specificity, and consistency rather than emotional tone.

This worksheet may be used independently, in small groups, or as a recurring weekly reflection.

INSTRUCTIONS FOR PARTICIPANTS

Gratitude is not about pretending circumstances are better than they are. It is about recognizing what still works and using that awareness to stay disciplined.

Use these prompts to ground your effort, maintain perspective, and reinforce consistency. Choose one or two prompts per session. Specific answers matter more than positive language.

SECTION 1: APPRECIATION FOR EFFORT AND OPPORTUNITY

- » What opportunity do I currently have that I did not always have?

- » What resource, access, or support am I benefiting from right now?

- » What responsibility am I grateful to have, even if it feels demanding?

SECTION 2: APPRECIATION FOR PROGRESS

- » What small win did I earn this week through consistent effort?

- » What habit or behavior is stronger today than it was a month ago?

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» What did I do recently that my past self would not have done?

SECTION 3: APPRECIATION FOR PEOPLE AND INFLUENCE

» Who has influenced my progress in a positive way?

» What lesson have I learned from someone who challenged me?

» How has accountability from others helped me stay on track?

SECTION 4: APPRECIATION FOR DISCIPLINE

» What discomfort am I grateful I did not avoid this week?

» What temptation did I resist that protected my long-term goals?

» How has structure or routine helped me maintain focus?

SECTION 5: APPLICATION OF APPRECIATION

» How does appreciation strengthen my motivation to continue working?

» Where might frustration or resentment interfere with my progress if left unchecked?

» What perspective will help me respond more constructively next week?

WEEKLY CLOSE-OUT (OPTIONAL)

» What am I most grateful for about my effort this week?

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- » How will appreciation influence my decisions next week?

OPTIONAL EXTENSION

- » Participants may document gratitude reflections as journal entries or Profile updates. Consistent reflection supports accountability, points, and leader-board placement by demonstrating sustained engagement and maturity.

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