- 1. Good health
- 2. Loving family
- 3. Supportive friends
- 4. A loving partner
- 5. A stable home
- 6. Access to clean water
- 7. Nutritious food
- 8. Reliable electricity
- 9. A warm bed
- 10. A roof over your head
- 11. Sunshine
- 12. Rain for your garden
- 13. Fresh air
- 14. Clean streets
- 15. A safe neighborhood
- 16. Freedom of speech
- 17. Education
- 18. Access to books
- 19. Music
- 20. Art
- 21. Technology
- 22. Internet access
- 23. Job opportunities
- 24. A reliable income
- 25. Creative outlets
- 26. Laughter
- 27. Love
- 28. Kindness
- 29. A helping hand
- 30. Good memories
- 31. Lessons learned
- 32. Opportunities for growth

- 33. A positive attitude
- 34. The beauty of nature
- 35. Pets that bring joy
- 36. Your senses (sight, hearing, taste, touch, smell)
- 37. Your intuition
- 38. Your ability to learn
- 39. Access to healthcare
- 40. Modern medicine
- 41. Peaceful moments
- 42. A sense of purpose
- 43. A sense of humor
- 44. Second chances
- 45. Forgiveness
- 46. The kindness of strangers
- 47. Diversity
- 48. Different cultures
- 49. Travel experiences
- 50. Your past
- 51. Your present
- 52. Your future
- 53. The gift of time
- 54. Clean clothes
- 55. Hot showers
- 56. Transportation
- 57. Clean streets
- 58. Artistic expression
- 59. Celebrations and holidays
- 60. Acts of charity
- 61. Your body's resilience
- 62. Sunsets and sunrises
- 63. A good night's sleep
- 64. Silence and solitude

- 65. Acts of generosity
- 66. Optimism
- 67. Freedom to make choices
- 68. Clean environment
- 69. Modern appliances
- 70. Entertainment
- 71. Comfortable clothing
- 72. Creative talents
- 73. The power of love
- 74. Community support
- 75. Random acts of kindness
- 76. Your unique talents and skills
- 77. Opportunities to help others
- 78. Peaceful moments in nature
- 79. Warm beverages on a cold day
- 80. Icy treats on a hot day
- 81. Random moments of joy
- 82. Technology that connects you to loved ones
- 83. Inspirational quotes and stories
- 84. Personal growth
- 85. Independence
- 86. Stability
- 87. Opportunities to learn from mistakes
- 88. Hugs
- 89. Personal achievements
- 90. Love letters or messages
- 91. Home-cooked meals
- 92. The change of seasons
- 93. Fresh flowers
- 94. Sunlight through the trees
- 95. Acts of heroism
- 96. A good conversation

- 97. Being alive
- 98. Opportunities to help others
- 99. The kindness of others
- 100. The beauty of the world around you