

Positives

What's an ordinary moment that brings you *great* joy?



Think about a time when you felt

Lucky

What's something in your life that turned out **better** than you imagined?



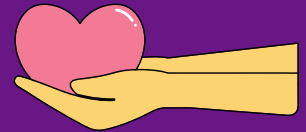
Think about something you are looking forward to.



What are you grateful for

Today
?

What conscious act of **kindness** do you want to perform this week?



What **POSITIVE** emotion did you experience yesterday? Last week?

Reflect on a time when someone was thankful for something **YOU** did.



What lovely thing happened in the past
3
months that went *uncelebrated*?



POSITIVITY

Poses

When is the last
time you cried
tears of

JOY

What is an
accomplishment
you're

PROUD

of?

What is growing for
good this year?

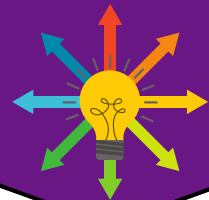


What is a favorite



What is something
you *didn't* know
much about a year
ago that you now
love?

What's one thing in
your life that actually
turned out better than
you thought it would
be?



What's something
you've recently
learned about
yourself?



What is saving your

LIFE

right now?