

POSITIVITY

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?



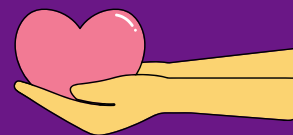
Think about something you are looking forward to.



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*?

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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?

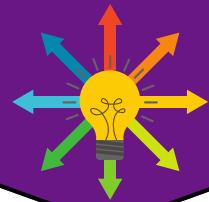


What is a favorite



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?

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What is the *niciest* thing someone has said about YOU?



What good shall I do on this day /What good have I done

TODAY

What are you most excited about right now?



What was your **favorite** thing about your hometown?



What's the most interesting thing you've read or learned recently?



What's been making you smile this week?

