

WHO
ARE YOU
grateful
FOR?

ARE YOU MOVING
FORWARD WITH
YOUR *goals?*

WHEN DID YOU
LAST FEEL
absorbed
IN A TASK?

WHAT
strengths
CAN YOU
USE NEXT?

WHAT'S
ONE THING
YOU CAN DO
TO *empower*
YOURSELF
TODAY?

WHICH
signature
strength
CAN I USE
IN A NOVEL
WAY?

WHAT
WENT
well?

Helpful prompts for learning

HAVE YOU JOINED
SOMEONE'S
enthusiasm
FOR THEIR GOOD
NEWS LATELY?

WHAT'S
ONE SMALL
ACTION
I CAN DO
RIGHT NOW
TO *centre*
MYSELF?

WHAT
good things
CAN YOU
SAVOUR?

IS IT TIME
TO TAKE SOME
big deep breaths?

RECALL
SOMETHING
THAT MADE YOU
laugh?

AM I BRINGING
OTHERS
INTO MY *calm?*

HOW CAN
YOU
grow IN THIS
SITUATION?

