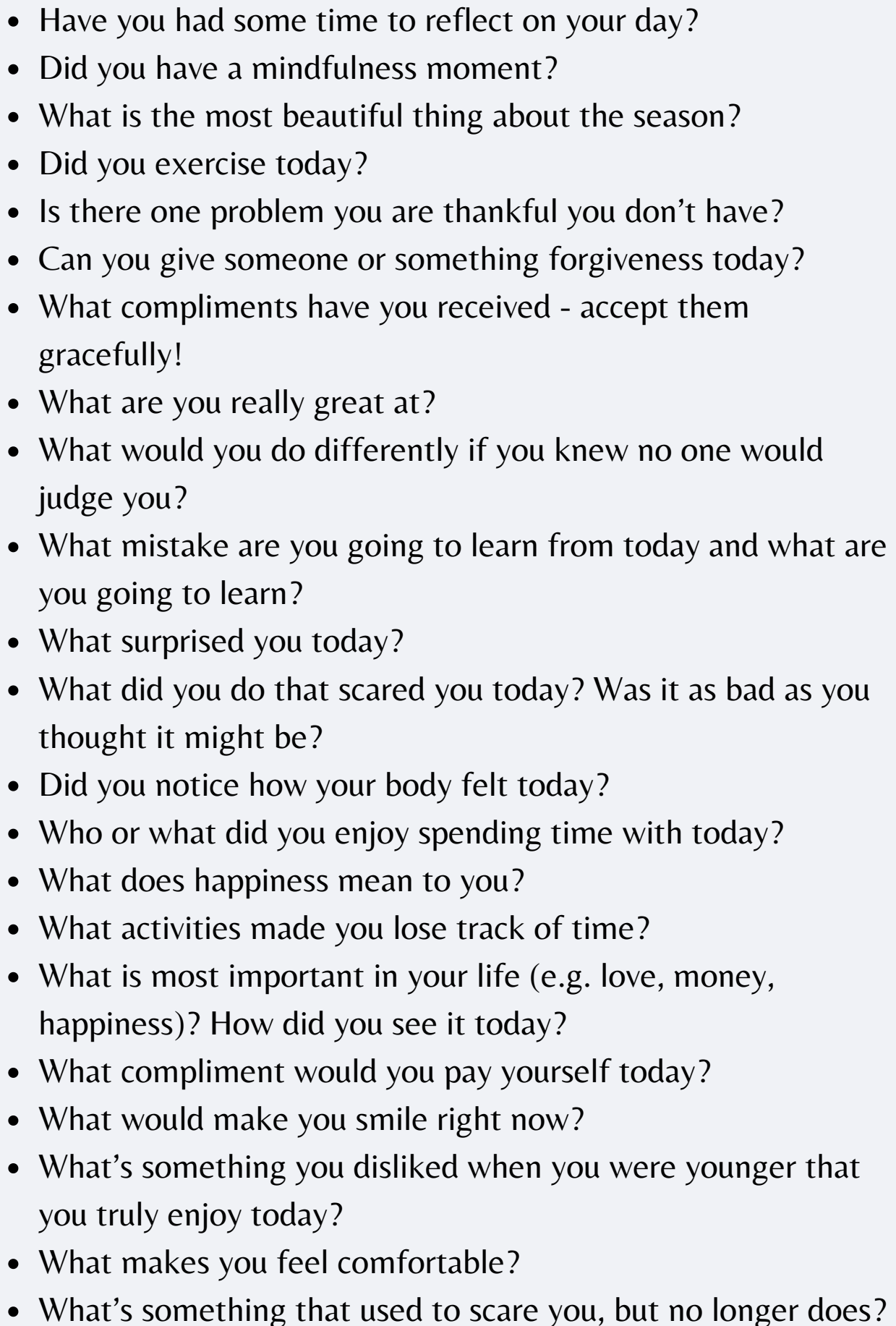


Positive Reflections

- What has made me happy/ smile/ laugh/ proud/ hopeful/ thoughtful today?
- What has made me feel loved today?
- What have my children done to make me smile/happy/feel proud?
- What have I seen that was beautiful?
- What have I heard that was beautiful?
- What am I thankful for?
- What am I looking forward to?
- What have I reflected on today that has made me feel positive?
- Have you read something that has made you think?
- What do you plan to do to make things more positive?
- What have you done that is indulgent?
- How do you know you are loved today?
- Who are the special people in your life and why?
- What good deeds have you done today/will you do this week/month/year?
- How have you shown love towards others today?
- Who gave you a hug today, how did it make you feel?
- What music did you listen to today that made you feel happy?
- What plans do you have that you are excited about?
- What you read that has made you think differently?
- Have you learned something new today? How did it make you feel?
- What have you achieved today?

- 
- Have you had some time to reflect on your day?
 - Did you have a mindfulness moment?
 - What is the most beautiful thing about the season?
 - Did you exercise today?
 - Is there one problem you are thankful you don't have?
 - Can you give someone or something forgiveness today?
 - What compliments have you received - accept them gracefully!
 - What are you really great at?
 - What would you do differently if you knew no one would judge you?
 - What mistake are you going to learn from today and what are you going to learn?
 - What surprised you today?
 - What did you do that scared you today? Was it as bad as you thought it might be?
 - Did you notice how your body felt today?
 - Who or what did you enjoy spending time with today?
 - What does happiness mean to you?
 - What activities made you lose track of time?
 - What is most important in your life (e.g. love, money, happiness)? How did you see it today?
 - What compliment would you pay yourself today?
 - What would make you smile right now?
 - What's something you disliked when you were younger that you truly enjoy today?
 - What makes you feel comfortable?
 - What's something that used to scare you, but no longer does?