

NEGATIVE THOUGHTS

- WHAT MADE YOU UNHAPPY TODAY?
- WHAT ARE YOU WORRYING ABOUT?
- WHAT MADE YOU FEEL STRESSED OR ANXIOUS?
- WHAT MADE YOU SAD TODAY?
- WHAT DO YOU RUMINATE ABOUT?

GRATITUDE

- WHAT MADE YOU HAPPY TODAY?
- WHAT WAS YOUR LITTLE LUCK TODAY?
- WHAT MADE YOU SMILE TODAY?
- WHAT GAVE YOU A POSITIVE VIBE TODAY?
- HOW DID THAT MAKE YOU FEEL?