

Gratitude

Quote:

"I cried every day, several times a day, at the kindness coming my way."

Prompt:

What's one thing you've received lately that made you feel deeply grateful?

Purpose

Quote:

"Behavior change can be uncomfortable... so being crystal clear about why you're making the change is critical."

Prompt:

What's driving you to live well right now? Who or what gives your life meaning?

Connection

Quote:

"We even feel the absence of lighter connections... they are comforting and important."

Prompt:

What simple social interaction (even brief!) lifts your spirits most?

Resilience

Quote:

"Failure is not a serious barrier-it's just new information."

Prompt:

What's a "failure" that actually helped you grow or redirect in a good way?

Joy

Quote:

"Joy is contagious."

Prompt:

When was the last time you felt pure joy-and who were you with?

Self-Care

Quote:

"You can pursue relaxation without feeling guilty."

Prompt:

What's one small way you can care for yourself this week that feels nourishing?

Change

Quote:

"You can change."

Prompt:

What's one small change that would make your life feel more aligned right now?