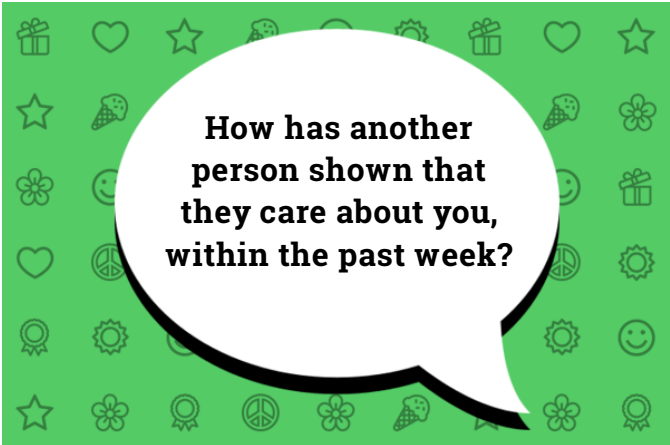




## Positive Psychology Prompt Cards




**How has another person shown that they care about you, within the past week?**




**Share the story of something exciting that happened this past week.**




**Describe something fun you did today.**




**What was something nice you said in the past week?**




**Describe something that made you laugh in the past week.**



**Describe something you were thankful for today.**



**Describe a challenge you overcame in the past week.**



**Describe something that made you happy today.**

## Positive Psychology Prompt Cards

**Describe something good that happened to you today.**

**Describe a personal strength you used today.**

**Describe something good you did for another person in the past week.**

**What was a nice thing someone said to you in the past week?**


**Describe a time when you were happy for someone else in the past week.**

**Describe something beautiful or interesting you saw in the past week.**


**Describe a moment when you felt calm, content, or relaxed today.**

**Describe a nice moment spent with family or friends in the past week.**


## Positive Psychology Prompt Cards




**Describe something kind you saw another person do in the past week.**




**Describe something that made this past week special.**




**Describe something you did today that you can be proud of.**



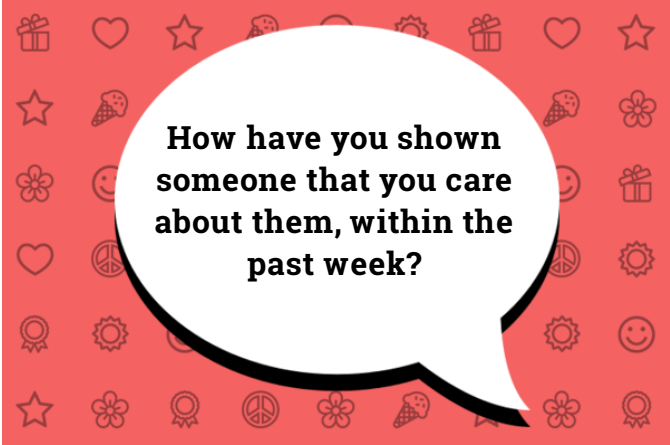
**Share the story of something interesting that happened today.**



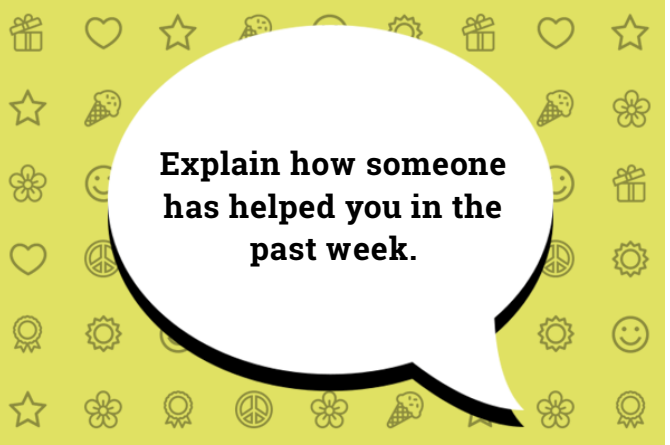
**Describe the best part of your day.**



**Describe how you made someone else's day better.**



**How have you shown someone that you care about them, within the past week?**



**Explain how someone has helped you in the past week.**