

## 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.**



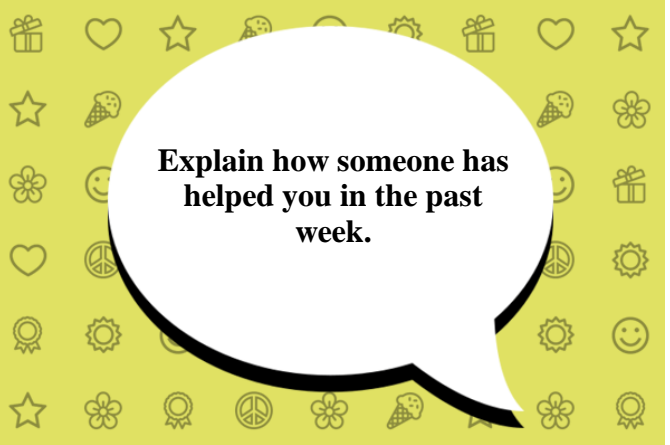
**Describe the best part of  
your day.**



**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.**