

6	What is one thing you accomplished in the last six months that you're really proud of? Why does it matter to you?	What is one thing you did for your health and wellbeing in the last six months that you're proud of?	Who has been your biggest support in the past six months and why?	Share a time when you felt genuinely happy for someone else's success.	Describe a moment of personal bravery in the last six months. What led to it?	What's one habit you've developed recently that has improved your life?
5	What is one personal strength you've used to positively influence your life recently?	What's one situation where you found yourself feeling incredibly grateful recently? What sparked this feeling?	How have you used your creativity in a meaningful way recently?	Describe a moment when you overcame a fear. How did you feel afterwards?	What's a book, article, movie, or song that deeply moved you or changed your perspective recently? How did it impact you?	Can you remember a time when you were really patient with someone else? How did it make you feel?
4	Recall a time when you felt a deep sense of peace. What brought about that feeling?	Recall a moment of unexpected joy in the last six months. What led to it?	Can you remember a time when someone showed you unexpected kindness in the last six months? How did it make you feel?	Can you remember a time in the last six months when you were able to help someone else? How did it make you feel?	What is a skill or talent you've developed or improved in the last six months?	What is something you did in the last six months that brought you closer to achieving your dreams?
3	Who did you forgive, and how did it feel to let go of the resentment?	What is a personal achievement that you are proud of? How did you accomplish it?	How have you shown empathy to others in the last six months? What was the situation?	What's a challenge you faced and overcame in the past six months? What did you learn from it?	Describe a beautiful moment you witnessed. How did it affect you?	Share a moment when you felt truly present. What made you feel this way?
2	Share an instance when you chose a positive response over a negative one. How did it affect the outcome?	What is something you started doing for yourself that had a positive impact on your life?	What was a moment of laughter or fun you experienced recently?	In what ways have you grown personally in the last six months?	Can you share a moment when you felt really connected to someone else? What brought about that connection?	Who is someone that has had a positive impact on your life in the past six months? How so?
1	Who or what inspires you? How have you channeled that inspiration in the last six months?	Recall a time when you were able to resolve a conflict effectively. What strategy did you use?	Can you recall a moment when you were the receiver of empathy? How did it make you feel?	How have you expressed love or kindness to someone else in the last six months?	Share a time when you took a risk that paid off. What did it feel like?	Describe a time when you felt really appreciated by someone else. What made you feel appreciated?
	1	2	3	4	5	6

Bingo Grid