

<p>1.</p> <p>What is your favourite quality about yourself?</p>	<p>2.</p> <p>What are your three biggest strengths?</p>
<p>3.</p> <p>I am proud when....</p>	<p>4.</p> <p>How have you taken good care of yourself today?</p>
<p>5.</p> <p>What would you like to get better at?</p>	<p>6.</p> <p>The top three things that help me get through a stressful day are....</p>
<p>7.</p> <p>There is no one better to me than myself because....</p>	<p>8.</p> <p>Five things I am grateful for are...</p>
<p>9.</p> <p>A strength of mine which I am grateful for is....</p>	<p>10.</p> <p>A memory that I am grateful for is...</p>
<p>11.</p> <p>Focussing on the positive can be a great coping strategy. Share something positive.</p>	<p>12.</p> <p>Smiling sends signals to the brain to release feel-good chemicals. Smile for 10 seconds even if you don't feel like it. Notice how you feel after smiling!</p>