

<p>1. What is your favourite quality about yourself?</p>	<p>2. What are your three biggest strengths?</p>
<p>3. I am proud when....</p>	<p>4. How have you taken good care of yourself today?</p>
<p>5. What would you like to get better at?</p>	<p>6. The top three things that help me get through a stressful day are....</p>
<p>7. There is no one better to me than myself because....</p>	<p>8. Five things I am grateful for are...</p>
<p>9. A strength of mine which I am grateful for is....</p>	<p>10. A memory that I am grateful for is...</p>
<p>11. Focussing on the positive can be a great coping strategy. Share something positive.</p>	<p>12. 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>