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- 1 What are five things I'm grateful for?
 - 2 I will stop telling myself ...
 - 3 I am happiest when I'm ...
 - 4 How do I feel about myself right now?
 - 5 What are three things I like about myself?
 - 6 I am most inspired by ...
 - 7 I forgive myself for ...
 - 8 Who in my life am I most grateful for?
 - 9 What made me smile today/yesterday?
 - 10 I love myself because ...



11 I want to be better at ...

12 I am going to let go of ...

13 To make myself healthier, I could start ...

14 My goals for today/this week/this month are ...

15 I feel the strongest when ...

16 What are my biggest fears? How do they hold me back?

17 My dream vacation is ...

18 I love my life because ...

19 My favorite childhood memory is ...

20 This time next year, I will be ...



21 I feel most creative when ...



22 My favorite healthy recipe is ...



23 The future excites me because ...



24 I show love by ...



25 My favorite way to start the day is ...



26 I am most relaxed when ...



27 I wish I knew more about ...



28 When I look in the mirror, I see ...



29 I am proud of myself because ...



30 What advice would I give pre-tobacco me?