If you had to pay yourself a compliment, what would you say?

Who is the person in your life that you're most grateful for? Who do you think is grateful for you?

What is something you really like about yourself?

What's something you think you're getting better at as you get older?

Imagine you're on the front page of the newspaper as a local hero! What did you do that was so heroic?

Imagine you're in the most comfortable place you've ever been. What does this place look like? What makes it so comfortable?

Helping others can be a great way to feel better during a tough time. If you were going to volunteer for a day, what would you do?

What do you think is your greatest talent? What about your most unusual or unique talent?

If you had a "mantra," or a phrase you repeat to yourself when you're feeling overwhelmed or upset, what would it be?

What is something that you've felt worried about recently? What does your body feel like when you're worried?

What was a time in the past that you felt really disappointed? What was a lesson you learned from that experience?

What is something that you're naturally good at? What's something that you had to work really hard to be good at?

When it's time to go to bed and you're not feeling tired, what are some things that help you fall asleep?

What's something you're looking forward to this week? What about a special day or event you're looking forward to in the next year?

If you could take anything off your list of responsibilities right now, what would you choose?

What was the best thing that happened to you this week? Think back to that moment. How did you feel when it was happening? How does it feel to look back on it?

What is one thing that you have created that you are really proud of?

You just got some great news! Who do you want to tell first? Who would you want to go to for support if you got bad news instead?

Think about some people and things you see every day. Who and what are you most thankful for?

Mental health is just as important as physical health. What was something you did to exercise your body today? What about something you did to exercise your brain?

What are three things your friends would say that you're really good at?

How do you come up with your best ideas? What was a good idea you've had recently?

Did you feel sad or unhappy this week? What's something you can do or say to boost your mood when you're feeling down?

When you think about yourself, do you feel mostly good about who you are or mostly bad? What's one thing about yourself that you really love?