

**1 What's one thing that made you happy in February?**

*You could describe a good day you had, a food you couldn't stop eating, or a new place you discovered on a daily walk, for example.*

**2 List three things you want to have achieved by the end of March.**

*This can be as small or as big as you like. It could be a new coffee shop you want to try, a book you want to finish, to get fresh air daily, or something more abstract.*

**3 If you could be anywhere else, where would you choose to be right now?**

*Somewhere you know? Somewhere you've never been? Somewhere fictional? Somewhere real? Describe the scene and think about what makes you want to go there.*

**4 What's one activity that's bringing you joy at the moment?**

*This could be anything. Cooking, singing, running, chatting to a friend on the phone, an audiobook... Take a minute to appreciate something that's bringing you happiness.*

**5 What's one thing you'd like to be doing more of?**

*Go for something that's achievable at the moment. What would you like to invest more time in, but haven't been able to find time for recently? Reading? A craft? Playing music? Exercising? You could also consider why you haven't been able to devote much time to this.*

**6 How many steps did you take today? Why?**

*Did you go somewhere new, or did you have a hectic WFH day that didn't let you leave your chair? Vent or appreciate.*

**7 What's a skill that you'd like to learn?**

*Maybe a language, a sport or an instrument? Explain why, and how you'd use it.*

**8 If you could change one aspect of yourself, what would it be? What aspect of yourself do you really like?**

*Don't be too hard on yourself with the first point! I'd try to focus on an aspect where you'd like to grow, rather than thinking about something you can't change.*

**9 If you were stranded on a desert island, what one luxury would you choose to have with you?**

*Imagine you have all the necessities – what's the one other thing that you'd pick?*

**10 List ten small things that have made you smile this week.**

*It could be the weather, flowers blooming, a pet, a message you received, a film...*

**11 Who's the last person you phoned? What did you talk about?**

*If you haven't phoned anyone in a while, maybe you could think who you'd like to call, and what you'd talk to them about. Or pick up the phone and have a chat!*

**12 What's the weather been like lately? How has that made you feel?**

*Is your mood affected much by the weather? As the seasons change and things (hopefully) warm up, are you feeling any more positive? It's always good to check in on yourself and recognise any patterns in your mood, to make sure you're extra kind to yourself on gloomier days.*

**13 What's the last thing you learnt?**

*A skill? Something about yourself? A new song? An interesting fact?*

**14 List your five favourite songs at the moment.**

*I always think it's fun to be able to look back and see a little snapshot of your life and what you were doing at a certain point. It doesn't matter whether they're old or new releases, just list anything you're enjoying or finding yourself humming.*

**15 What's creating stress in your life at the moment? What helps you to relax?**

*I think this is a great one for helping me to recognise things that I'm struggling with, and focus more on things that help me to destress. Use this as an opportunity to vent if you need to!*

**16 What's one thing that you aren't great at?**

*A skill, dealing with certain situations, sticking to one of your goals? Think about why you struggle with it, and whether and how you might be able to overcome that.*

**17 What's one thing you're good at?**

*If you're feeling negative about this, think smaller (although I'm sure there are a ton of things!) Do you have a speciality dish, give out good advice, are you a super-fast reader or pretty sick at a particular game?*

**18 How would you like other people to describe you, in three words?**

*You could also think about why you aspire to those characteristics, and how well you match up. If you have no idea, ask a friend and then reflect on their response.*

**19 What was the last thing that made you laugh?**

*This could be a person, a book, a TV show, a TikTok, anything! It lifts my mood to remember these things, so I hope it has the same effect on you!*

**20 What did you eat today? How did that make you feel?**

*Another fun snapshot, and a question that I think helps me be more conscious in my eating, focusing on what makes me and my body happy.*

**21 When was the last time you helped someone, and how?**

*I think this is a good question to help me shift perspective, and reflect on how I've been interacting with other people..*

**22 What would you say to yourself this time last year?**

*It's a year tomorrow since lockdown started – have you learnt anything about coping in a global pandemic you'd like to tell the old you? Or go for something completely unrelated!*

**23 List the top five things you're looking forward to doing when lockdown is over.**

*Seeing friends and family, going to the cinema, on holiday, for a haircut... A snapshot for post-pandemic life, and a chance to think of some things to look forward to!*

**24 What three things are you grateful for, at the moment?**

*Again, a good one for changing perspective. You might feel down after a year full of lockdowns, but I'm sure there are still positive aspects of your life. Go as concrete or abstract as you like.*

**25 How did you move today? How do you plan to move tomorrow?**

*Yoga? Dancing around the kitchen? A daily walk? Think about how your movement (or lack of it) has made you feel, and plan for tomorrow based on that.*

**26 What are the last five things you bought? Rate them out of ten.**

*A fun snapshot, and also a way to be more conscious in your purchases.*

**27 Pick a quote that resonates with you, and explain why.**

*Maybe you've found one recently or have a go-to you love, but otherwise have a search now to find a quote that suits you.*

**28 What have you been listening to, watching or reading lately? How has that made you feel?**

*A chance to be more conscious in your choices. If you've been binge-watching a show or listening to a podcast that has been getting you down, it might be a good time to stop. Alternatively, you can make sure you're devoting time to something that's uplifting you.*

**29 What's been your go-to outfit this month? What's your least-worn item at the moment?**

*One last fun snapshot for the month, and a good opportunity to be conscious of your possessions and evaluate them.*

**30 Describe yourself in three words.**

*Are you happy with that assessment? Would you like it to be the same next month? Again, don't be too hard on yourself!*

**31 Describe your month in three words.**

*This could sum up your activities, the weather, your mood... anything significant or standout!*