

end the day: 31 questions

1. One thing you are **grateful** for about you and why.
2. One thing you did today that you are **proud** of and why.
3. One thing you did today that makes you **happy** and why.
4. One example of you showing your **resilience** today.
5. One thing that you **did well** today. What was it?
6. Tell me one thing that you **love** about your friends.
7. One thing that made you **laugh** and why.
8. One thing that you really **enjoyed** about today and why.
9. One thing that happened today that was **positive**
10. One thing that you did today that was **brave**.
11. One thing you did today where you were **honest**.
12. One really good **decision** you made today, why was it good?
13. One thing in your life you are **grateful** for and why.
14. Tell me about the **best feeling** you had today. What happened?
15. Tell me one thing that you **love** in this world and why.
16. Tell me one thing that you **hope** happens tomorrow and why.
17. What's one thing that you **appreciate** about your life.
18. Tell me one thing you did today that was **kind**.
19. Tell me one thing you **learned** about yourself today.
20. One thing that you did today where you showed your **positivity**.
21. What's the most **awesome** thing in your life right now and why?
22. Tell me one thing that happened today that made you **smile**.
23. One time today when you **overcame** a difficulty, what happened?
24. One time today when you **tried your best**, what happened?
25. One person in your life you are **grateful** for and why.
26. One time today when you **helped** somebody, what happened?
27. One thing you did today that you found **interesting** and why.
28. One way today that you showed your **determination**.
29. One thing that you **love** about yourself and why.
30. One thing/ person/ place in the world that **inspires** you and why.
31. One thing that you like to **learn** and why.