

I have some positive thoughts to share at the table...

Three things I am grateful for today...

Something I love about myself lately is...

My favorite thing about work recently is...

People I've loved catching up with recently...

Something funny that happened lately...

Something kind someone did for me...

The best thing about my family is...

Three things I love about my home...

The best weekend I ever had was...

Movies and shows I've watched recently...

My favorite after-work activities are...

My favorite thing about today is...

