

Is there a place in the world
that you feel most represents who you are?

What's your love language?

What is something you learned
from this year that you will carry into next year?

What show or movie are you
marathon-watching?

Where do you feel
most centered and happy?

'Tis the Season to be Grateful

Whether you are safely gathering with your close friends and family or celebrating virtually, practice mindfulness and gratitude with these conversation starters.

Do you remember the
first novel you ever read?
If so, what was it?

How are you genuinely doing?

What is something you have
accomplished as an adult that your
younger self would be proud of?

What do you love most
about your home?

I'm Grateful For

What event in your life
are you most grateful for?

How do you practice self-care?

If your pet could talk,
what would their voice sound like?
What would they say about you?

We're grateful for you! Love, Global Healing

