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Unexpected Down Time	A personal trait	Something that went well this morning	Something someone said to you	A teacher who inspired you
Someone who makes you laugh	Someone who is a positive part of your life	Stopping and smelling the roses	A fond memory	Someone who listened fully to you
Spending time with a friend	Possessing a cherished photo	A good friend	Something that brought a smile to your face today	Hearing someone laugh
Something that went well tonight	A talent you have	A chance to do something nice for yourself	An opportunity to make someone feel heard	Your ability to perform a random act of kindness
A chance to do something nice for someone else	Writing a letter of gratitude to someone in your life	An evening spent with your family/friends without TV or technology	Time spent outdoors	Something that someone did for you.