

REBUILDING HOPE



- 1. What is one small thing that went better than expected recently?



- 2. What is still good in my life, even while something else feels difficult?



- 3. What quality in myself has helped me get through a hard period?



- 4. What is something I can look forward to without needing it to solve everything?



- 5. What progress have I made that my current mood is making difficult to see?



- 6. What ordinary moment has brought me a little peace lately?

