

Let's Talk!

Something that brought a smile to my face this week was _____.

In one word, describe how you feel right now.

What are you most grateful for in this current moment?

Favorite food

What memory instantly makes you smile?

What's something you enjoy that you never get tired of?

Favorite animal

What do you consider your greatest accomplishment?

What's the hardest truth you had to face this past year?

Favorite actor/actress

Favorite outdoor activity

What's your favorite compliment to receive?

What is the best lesson your parents taught you?

Favorite season

Favorite de-stressing activity

What's one important thing you want others to know about you?

Favorite TV show



**Some days are Bubble Days,
and some days are Struggle Days.**

When it's a struggle day, Supportiv is open for you to chat, 24/7, and always anonymously!

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Ask Me About...

My hidden talent

Who in my life deserves the biggest thank you

What my pet peeves are

Where I grew up

How long I've worked at Walmart

My dream vacation spot

What I'm the proudest of for saying "no" to recently

What's the most unexplainable thing that's ever happened to me

What insecurity holds me back the most

My favorite adjective with which to be described and why

What my younger self would not believe about my life today

Where I traveled from to get here

My signature karaoke song

The best sale item I've found at Walmart



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Discovering Commonalities

What's your happiest memory?

What have you tolerated from people in the past that you will no longer let happen?

Has a stranger ever changed your life?

Cats or Dogs?

What do you need right now but aren't communicating?

Would you ever want to be famous?

Chocolate or Vanilla?

Exercise or Rest?

What's a song that holds a special memory for you?

What are you currently working through that others can't see?

Beach or Mountains?

Batman or Superman?

Oldest, Middle, Youngest or Only?

What regrets do you have about your life so far?

City, Suburbs or Country?



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