

Positive Psychology Prompt Cards

Describe something good that happened to you today.

Describe something kind you saw another person do in the past week.

Describe something fun you did today.

Describe something good you did for another person in the past week.

Describe something that made you laugh in the past week.

Describe something you were thankful for today.

Describe a challenge you overcame in the past week.

Describe something that made you happy today.

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How has another person shown that they care about you, within the past week?

Describe a personal strength you used today.

What was something nice you said in the past week?

What was a nice thing someone said to you in the past week?


Describe a time when you were happy for someone else in the past week.

Describe something beautiful or interesting you saw in the past week.


Describe a moment when you felt calm, content, or relaxed today.

Describe a nice moment spent with family or friends in the past week.


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Describe something exciting that happened this past week.




Describe something that made this past week special.




Describe something you did today that you can be proud of.




Describe something interesting that happened today.




Describe the best part of your day.



Describe how you made someone else's day better.



How did you show someone that you care about them, within the past week?



Describe how someone has helped you in the past week.