Research backs the idea that setting aside time to share what’s going well can have a lasting impact. Taking a few moments to celebrate small victories can bolster our confidence, and counting our blessings can improve our health and happiness.

These Heart Warmer cards are meant to help you and your loved ones come together to share personal stories, accomplishments, moments of joy, and gratitude.

Instructions

1. Player 1 draws a question card, turns to the person on their left (Player 2), and reads the question.
2. Player 2 answers the question.
3. Some cards have an optional “Put it into action” challenge: a way to put the lesson into practice in your daily life. If the card contains one, Player 1 should read it too, and Player 2 can share with the group if they plan to take on the challenge.
4. Player 2 then draws a new card and reads the question to the next person in the circle.
5. Keep repeating steps 1–4 until you run out of cards.

Ground Rules

- Everyone gets a turn if they want to play.
- Listen to everyone’s answers without interrupting.
- Let your guard down. Sharing leads to more sharing. Honesty leads to more honesty.
Find a photo that brings up a positive memory (the photo library on your phone is a good place to start). Share it with the group.

What’s the story behind the picture? What were you feeling when it was taken?

What is something that always makes you smile? Why?

Name someone who never fails to crack you up.

What does she or he do to make you laugh?

When was the last time you experienced awe?

Tell the group about it.
What’s something you’re sentimental about? Why is it special?

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What’s your favorite way to connect with nature? How does being in nature make you feel?
— Put it into action —
Make it a priority to spend some time in nature this week.

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What is something you’ve always wanted to learn about? Why?
— Put it into action —
Put aside an hour this week to learn more about this topic. Check out online videos, read some articles—maybe talk to a friend who knows a lot about the topic.

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What’s one thing that connects you to someone in the room?
Think back on a favorite childhood memory.

What were you doing?
How did it feel?

— Put it into action —
Call someone close to you and relive that memory with them.

Imagine you’re making a feel-good playlist.

What are the first two songs you’d add to it?

— Put it into action —
Make a playlist including these songs and listen to it this week.

What is one small way to treat yourself?

What is a small gift you could give someone to brighten their day?
To whom would you give it?
In what ways are you a better person now than you were at the start of the year?

Why would your ten-year-old self be proud of your present-day self?

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What are you most proud of achieving during the last month?

Think about someone in the room. When are they at their best? What strengths do they have that you admire?

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Tell us about a challenging experience you’ve overcome. How are you stronger for it? What did you learn?

What is one thing you accomplished today? In the past week? In the past month?

What advice would your future self give to you today?

What advice would you give to your younger self?
What are five things you really like about yourself?

— Put it into action —
Write them down and put the list in a location you see every day (like posted to your computer screen or taped to your bathroom mirror).

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What are three small things you want to accomplish by the end of the week?

— Put it into action —
Make a plan for when and how you’ll get them done.

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List three of your strengths.
When do you rely on them in your everyday life?

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What strength of yours have you drawn on the most in the last month?

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Name something you are excited about doing this week. (It can be small!)

When have you felt powerful?

What brings out the best in you?

How would your best friend describe you?
Think about the important people in your life. Why are they important to you?

Name two acts of kindness you can perform this week.
— Put it into action —
Perform one of them before the week is over.

What are you grateful for in your life?
— Put it into action —
Write down what you’re grateful for and read the list whenever you need a boost.

Take a minute to think about something that went badly this week. How could it have gone worse?
It might seem strange, but this can actually help us feel gratitude.
Gratitude

What is one thing that someone did for you last week? (They may not even know they did it.)

Why did you appreciate it?

Is there a criticism of yourself that gets stuck on repeat in your head?

What would your best friend say to counter that criticism?

What are five things that you are grateful you’re able to do—physically, mentally, or emotionally?

How has a mentor helped you?

What have you been able to accomplish thanks to them?

— Put it into action —
Write them a thank you letter this week.