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Good News

**What went better than expected this week?**

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**What small moment today made you happy?**

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**What's the best thing that's happened to you since we last talked?**

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**What are you looking forward to this weekend?**

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**What good news have you gotten lately?**

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**What went right for you today, even if it was small?**

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**What did you learn this week that you're glad you can do now?**

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**What have you finally gotten done?**

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**Who made you happy today, and how?**

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**What have you found or bought lately that you're happy with?**

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**What's the funniest thing that happened at work or school this week?**

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**What plan are you really excited about?**

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**What were you praised for recently?**

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**What have you made with your hands that turned out well?**

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**What good news from a friend made you happy for them?**

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**What have you seen or read that put you in a good mood?**

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**What did you do for yourself this week that felt nice?**

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**What went well this morning?**

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**What small win did you never get around to telling anyone about?**

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**What have you started that you're happy about?**

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**What's a great meal you've had recently?**

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**What's the next thing you get to celebrate?**

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**What has surprised you in a good way this month?**

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**What did you finally finish that you'd been putting off?**

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**What good idea have you had lately?**

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**What's better in your life now than a year ago?**

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**What was the highlight of your day, and what made it so good?**

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**What good habit have you kept up lately?**

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**What have you pulled off recently that nobody noticed?**

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**What news would you most love to be able to share a year from now?**

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**What have you done lately that you're proud of?**

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**What's been going well in our family or our relationship lately?**

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**What improvement have you noticed in yourself this year?**

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**What have you managed that you once thought was too hard?**

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**Who do you want to tell your next piece of good news to first?**

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**How would you celebrate a big win?**

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**What ended up making you happy even though it seemed like bad news at first?**

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**Which goal are you closer to now than a month ago?**

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**How can I best show that I'm happy for you?**

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**When has someone been so excited about your news that it made you even happier?**

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**What good news have you kept to yourself, and why?**

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**What are you hoping will happen next week?**

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**What have you done for someone else lately that you're glad about?**

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**Which of your ideas have other people really liked?**

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**What have you sorted out that had been weighing on you?**

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**What's the best thing that's happened to the two of us this year?**

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**Which dream has become a little more real lately?**

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**What have you gotten better at since we met?**

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**How did your family celebrate good news when you were a kid?**

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**What good news from the world have you noticed lately?**

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**What would you like me to ask you more about when you've had a good day?**

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**Which moment from this month would you put in a frame?**

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**What are you looking forward to in the next six months?**

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**What are you proudest of in your life so far, and who would you most want to tell?**

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**Which of your wins has meant the most, even if it looked small from the outside?**

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**When have you felt you were truly on the right track?**

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**What in your life has worked out in a way you didn't dare hope for?**

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**What news from your life do you wish someone you've lost could hear?**

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**What have you gotten through that you can now look back on and smile?**

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**When did you last feel really proud of someone else?**

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**Which part of your life has grown the most in recent years?**

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**What's the best thing you've built together with other people?**

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**When did you get good news you didn't know how to take?**

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**What makes it hard for you to tell others about your successes?**

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**How can we get better at celebrating each other?**

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**Which choice has led to more joy than you expected?**

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**What achievement do you hope your grandkids will hear about one day?**

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**When has someone really shared in your happiness?**

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**What happiness in your life do you sometimes take for granted?**

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**What does it mean to you when someone asks about what's going well?**

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**Your own question**

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**Your own question**

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Your own question

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