



Things you can ask your teen to get beyond...

A speech bubble with a black outline and a red inner border. Inside the bubble, the text "I'm Fine" is written in a bold, blue, sans-serif font.

I'm Fine

- What was the best thing about your day?
- What was the high point and low point of your day today?
- If you could change 3 things about the world or your life what would they be?
- What do you think are most important keys to living a happy life?
- What are you looking forward to?
- What are you proud of?
- What are you grateful for?
- What is the hardest thing you've ever had to do?
- If you had no obstacles, what skill would you most like to learn?