



Wellbeing Reflection Cards

Cut these out and use at your event to spark wellbeing related conversation

Connection

Who is someone who always lifts your spirits? Why?

Roar for Wellbeing

alwf.org.au/roar

Connection

What's one small way you show kindness to others?

Roar for Wellbeing

alwf.org.au/roar

You can also purchase a printed set of these cards at alwf.org.au

Connection

When do you feel most connected to people around you?

Roar for Wellbeing

alwf.org.au/roar

Connection

What does a strong support network look like for you?

Roar for Wellbeing

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Strengths & Resilience

What's boosts your wellbeing?

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Strengths & Resilience

How do you bounce back after a difficult day?

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Strengths & Resilience

What helps you feel grounded when life gets stressful?

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Strengths & Resilience

Who or what inspires you to keep going when things are hard?

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Everyday Wellbeing

What's one thing you do everyday that supports your wellbeing?

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Everyday Wellbeing

What's your go-to way to clear your mind or lift your mood?

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Everyday Wellbeing

What's something small you could do this week just for you?

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Everyday Wellbeing

How do you include movement in your daily life?

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Joy & Gratitude

What's something that made you smile recently?

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Joy & Gratitude

What's one thing you're grateful for today?

Roar for Wellbeing

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Joy & Gratitude

What's a simple pleasure that always brings you joy?

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Joy & Gratitude

Who in your life are you grateful for, and why?

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Vision & Growth

What does
'living well' look
like to you?

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Vision & Growth

What's
something new
you'd love to try
for your
wellbeing?

Roar for Wellbeing

alwf.org.au/roar

Vision & Growth

What helps you
stay hopeful for
the future?

Roar for Wellbeing

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Vision & Growth

What advice
would you give
your younger
self about
wellbeing?

Roar for Wellbeing

alwf.org.au/roar