



Wellbeing Conversation Cards

Cut out these cards and use them at your event or club meeting to spark meaningful wellbeing conversations, a simple way to create stronger connections, one conversation at a time."



Connection

Building meaningful relationships

- Who is someone who lifts your spirits? Why?
- What's one small way you show kindness to others?



Take a moment ~ Listen with curiosity
~There are no wrong answers



Wellbeing
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Connection

Building meaningful relationships

- When do you feel most connected to people around you?
- What does a strong support network look like for you?



Take a moment ~ Listen with curiosity
~There are no wrong answers



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Resilience

Finding strength through life's challenges

- Who or what inspires you to keep going when things are hard?
- What boosts your wellbeing?

Take a moment ~ Listen with curiosity
~There are no wrong answers



Resilience

Finding strength through life's challenges

- How do you bounce back after a difficult day?
- What helps you feel grounded when life gets stressful?

Take a moment ~ Listen with curiosity
~There are no wrong answers





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Everyday Wellbeing

Small habits. Big impacts,

- What's your go-to way to clear your mind or lift your mood?
- What's one thing you do every day that supports your wellbeing?

Take a moment ~ Listen with curiosity
~There are no wrong answers



Everyday Wellbeing

Small habits. Big impacts,

- What's something small you could do this week just for you?
- How do you include movement in your daily life?

Take a moment ~ Listen with curiosity
~There are no wrong answers





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Future Wellbeing

Exploring hopes, goals and possibilities

- What helps you stay hopeful?
- What advice would you give your younger self?

*Take a moment ~ Listen with curiosity
~There are no wrong answers*



Future Wellbeing

Exploring hopes, goals and possibilities

- What does 'living well' look like to you?
- What's something new you'd love to try?

*Take a moment ~ Listen with curiosity
~There are no wrong answers*





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Joy and Gratitude

Celebrating life's everyday moments

- What's something that made you smile recently?
- What's one thing you're grateful for today?



*Take a moment ~ Listen with curiosity
~There are no wrong answers*



Joy and Gratitude

Celebrating life's everyday moments

- What's a simple pleasure that always brings you joy?
- Who in your life are you grateful for, and why?



*Take a moment ~ Listen with curiosity
~There are no wrong answers*

