A thing you are grateful for

1 level / say one thing

2 level / say 3 things

3 level / say 5 things

A thing that would make your life or your day easier

1 level / say one thing

2 level / say 3 things

3 level / say 5 things

A song or a musical piece that inspires you

1 level / name one

2 level / name one and tell why that inspires you

3 level / name one and tell something about the author of this song

Express your gratitude

1 level / thank another player for something small that he/she did today

2 level / name one person you're grateful for and why

3 level / write a note expressing gratitude to someone who has positively impacted you

Name a plant that

1 level / inspires you

2 level / inspires you and tell what do you know about this plant

3 level / inspires you and tell why

Say the areas, where you would need the help of others

1 level / one thing

2 level / 3 things

3 level / 5 things

Share with others

1 level / one thing you're grateful for today

2 level / something which you've learned today and why it's important

3 level / set a quick goal for the next 24 hours that can improve your well-being

Name

1 level / one thing you're proud of accomplishing today

2 level / a personal strength you have and how it has helped you recently

3 level / one thing that challenged you today and how you responded

A book that inspires you

1 level / name one

2 level / name one and tell why that inspires you

3 level / name one and tell something about author of this book

Create a task for Intrapersonal intelligence

1 level / 1st level

2 level / 2nd level

3 level / 3rd level

think of your strengths that others could benefit from

1 level / say one thing

2 level / say 3 things

3 level / say 5 things

A picture or painting that inspires you

1 level / name one

2 level / name it and tell why that inspires you

3 level / name it and tell something about author of this picture

Name a philosopher

1 level / one European

2 level / one Bulgarian or Latvian

3 level / one from any other continent

What's your motivation

1 level / what drives you every day?

2 level / why a motivation is important?

3 level / when did you lack it? How did you boost it?

Show emotions (rasa) from a Indian dance

1 level / 1 emotion

2 level / 3 emotions

3 level / 5 emotions

what would make you happy

1 level / say one thing

2 level / say 3 things

3 level / say 5 things

A movie that inspires you

1 level / name the movie

2 level / name it and tell why it inspires you

3 level / name it and tell something about its' author

A person that inspires you

1 level / name the person

2 level / tell what do you know about this person

3 level / tell why this person inspires you

An animal that inspires you

1 level / name the animal

2 level / name it and tell what do you know about it

3 level / name it and tell why it inspires you

Your values

1 level / name one core value you hold (for example honesty, kindness)

2 level / reflect on how that value has shaped one of your recent actions or decisions

3 level / think about a value you struggle to uphold at times, and brainstorm one way you could better live by it



intrapersonal