# Piglet Prompt - Tiny Bravery

*"You are braver than you believe..."*

Piglet is a "Very Small Animal," and yet he often shows the most courage. What is a "very small" thing you did this week that actually required a lot of bravery?

# Eeyore Prompt - Finding the Silver Lining

*"The things that make me different are the things that make me me."*

Eeyore often feels a bit "cloudy." When you are feeling low or "different" from everyone else, what is one unique strength you possess that helps you pull through? How can you celebrate that "difference" today?

# Pooh Prompt - The Beauty of Nothing

*"Rivers know this: there is no hurry."*

Christopher Robin once said that "doing nothing" often leads to the very best kind of something. If you had one hour of "nothing" today—no chores, no phone, no errands—how would you spend it to nourish your soul?

# Kanga Prompt - Nurturing Your Inner Circle

*"If there ever comes a day when we can't be together, keep me in your heart..."*

Kanga is the heart of the woods. Think of someone who may be far away or someone you haven't spoken to in a while. Write a short "heart-note" to them here. What is one thing you appreciate about your connection?

# Christopher Robin Prompt - A Letter to Yourself

*"How lucky I am to have something that makes saying goodbye so hard."*

This quote is about deep love and gratitude. List five things in your life right now that you are "lucky to have." How can you show extra gratitude for those things this week?