

2023 | 📞 The Switchboard

Conversation Cards

Reflection questions to begin the year

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How will you

bring more kindness into the world this year?

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Who is one person

you would like to meet this year?

How might you

start or end your days differently?

If you could

learn one new skill this year, what would it be?

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What's one ritual

you will choose to embrace this year?

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What's one goal

you hope to accomplish this year?

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How will you
focus on your wellbeing this year?

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How will you

create a gratitude practice this year?