

Discussion Items

1. The book mentions that good things can happen even from days that “fall flat.” Tell me about a time when you had a bad day. How did you turn it around?
2. “You’re here for a reason, you certainly are.” What are some reasons you think you are here?
3. The book talks about the impact that kindness can have on the world and those around you. Tell me about a time when someone was kind to you. How did you feel? Tell me about a time when you were kind to someone else. How did you feel?
4. “Remember that next time a day goes all wrong...to somebody else, you will always be strong.” Who is someone you think is strong? Why?
5. There are some beautiful pictures in this book! What is your favorite page and why?