



## One Thing

*(Give one answer for each item below and share with the group)*

### **What's one thing...**

- On your mind ( that's positive)
- On your mind (that's stressful)
- On your mind (that is strange or unusual)
- On your body
- In your pocket
- In your room
- In your car
- In your past (and you're glad it's over)
- In your past (funny or interesting)
- In your immediate vision (you can see right now)
- At your job (or school)
- In your living room
- Under your couch
- In your stomach
- In the house you grew up in
- On your favorite music playlist
- In your Netflix queue
- In your phone (contacts)
- In your phone (pictures)
- In your phone (apps)
- On your social media page or profile
- In your bathroom
- In your wardrobe
- On your bucket list
- On your "never go back" list
- On your favorite restaurant menu
- In your neighborhood
- In your closet
- In your news feed
- In your dreams at night
- In your recent internet browser history
- On your YouTube favorites list
- In your heart (that's important to you and motivates you)
- In your future (goals, hopes and future dreams)