

What am I grateful for right now? Start with 5 things.

What is one thing I wish I were better at?

If I could change one thing in my life what would it be?

What is my favorite thing about myself?

What currently brings me the most joy and happiness?

Where would I like to see myself in 6 months?

What is the one thing I want to change in my life?

What is one achievement I am most proud of?

If I could have anything in the world I would choose \_\_\_\_\_, because \_\_\_\_\_.

What are 10 things I love about myself?

Who is my biggest inspiration? Why?

What makes me unique?

If the sky was the limit who would I be? Go into detail and describe the best version of yourself.

What is the funniest memory I have that always make me laugh out loud?

What is something I struggle with?

What are 2 things I can do daily to improve my life in some way?

If I'm feeling low  
how do I cheer  
myself up?

Am I pushing  
myself to my  
fullest potential?

If I could describe  
my life in one word  
what would it be?

What is the first thing  
I think of when I look in a  
mirror? How does that  
make me feel?

What do I want  
to be  
remembered  
for?

What is the scariest  
thing I've ever done?

Do I feel relaxed or  
stressed in the morning?  
What can I do to change  
that?

Do I feel loved?

What do I do when I worry about something?  
What advice would I tell a friend if they were worrying?

When do I feel the most confidence in myself?

What is my first thought when I open my eyes in the morning? Am I happy with this?

What is something I would like to teach to others?

How am I feeling today?

What happened today that made me feel full or loved?

What challenged me today and how can I do better?

What would make me happy right now?