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

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

What currently brings me the most joy and happiness?

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

What is one thing I wish I were better at?

What is my favorite thing about myself?

Where would I like to see myself in 6 months?

What is one achievement I am most proud of?
If I could have anything in the world I would choose _____, because _____.

Who is my biggest inspiration? Why?

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

What are 10 things I love about myself?

What makes me unique?

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?

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?

Am I pushing myself to my fullest potential?

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?