

Identity & Self-Awareness

- ☐ What are three words that describe you right now?
- ☐ What are your top three strengths?
- ☐ What is your biggest insecurity at the moment?
- ☐ What is your favorite quality about yourself?
- ☐ What is your least favorite quality about yourself?
- ☐ What makes you feel the most like yourself?
- ☐ How do you hope people describe you?
- ☐ What makes you feel misunderstood?
- ☐ When do you feel the most confident?
- ☐ Who are you becoming?
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Emotional Intelligence

- ☐ How do you like to be comforted when you're upset?
- ☐ What do you do when you feel angry?
- ☐ What helps you calm down fastest?
- ☐ What makes you feel the most seen?
- ☐ What's something that never fails to make you feel better?
- ☐ What overwhelms you lately?
- ☐ What are you most afraid of right now?
- ☐ What makes you feel safe?
- ☐ What do you dread doing — and why?
- ☐ What emotion do you feel most often these days?

Growth & Character

- ☐ What was your proudest moment?
- ☐ What's a mistake that taught you something important?
- ☐ What makes you feel unstoppable?
- ☐ What habit would make your life better?
- ☐ What is the biggest compliment someone could give you?
- ☐ What is something you failed at but learned from?
- ☐ What do you wish you handled differently recently?
- ☐ What is something you want to improve about yourself?
- ☐ What kind of person do you admire most?
- ☐ What does integrity mean to you?

Relationships & Belonging

- ☐ Who do you trust most? Why?
- ☐ What do you value most in a friendship?
- ☐ What makes someone a good leader?
- ☐ What kind of friend do you want to be?
- ☐ What do you want people to feel when they're around you?
- ☐ Who are you most similar to in our family?
- ☐ What is your favorite part of our relationship?
- ☐ When do you feel closest to me?
- ☐ What makes you feel left out?
- ☐ Who has influenced you the most this year?

Feelings & the Real Stuff

- ☐ When did you feel happy today?
- ☐ Was there a time you felt nervous or worried?
- ☐ Did you feel proud of yourself for anything?
- ☐ Was there a moment you felt left out?
- ☐ What was the hardest part of the day?
- ☐ Did anything make you feel frustrated?
- ☐ When did you feel the most comfortable?
- ☐ Is there anything you wish had gone differently?
- ☐ What are you grateful for about today?
- ☐ Is there anything you want to talk about?

Gratitude & Perspective

- ☐ What are five things you're thankful for right now?
- ☐ What do you love most about life?
- ☐ What gives you hope?
- ☐ What is something kind people take for granted?
- ☐ What family tradition means the most to you?
- ☐ What advice has helped you?
- ☐ What is something you enjoy now that you used to dislike?
- ☐ If today was your last day, what would it look like?
- ☐ What makes an ordinary day feel special?
- ☐ What is one small thing that brings you joy?

Reflection & Memory

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Dreams & Future

☐ What is one dream you've never said out loud?

☐ What are your goals for this year?

☐ In 10 years, how would you like to describe your life?

☐ If you could try anything fear of failure, what would it be?

☐ What are you curious about right now?

☐ What hobby have you always wanted to try?

☐ If you had a free year to do anything, what would you choose?

☐ What do you want your life to be?

☐ Do you think you have a calling? What might it be?

☐ What's something new that you know you?