

What are three things you do to make yourself feel better after you've had a bad day?



What is one of your biggest regrets in life? What are some things you can do to begin to let go of that past mistake?

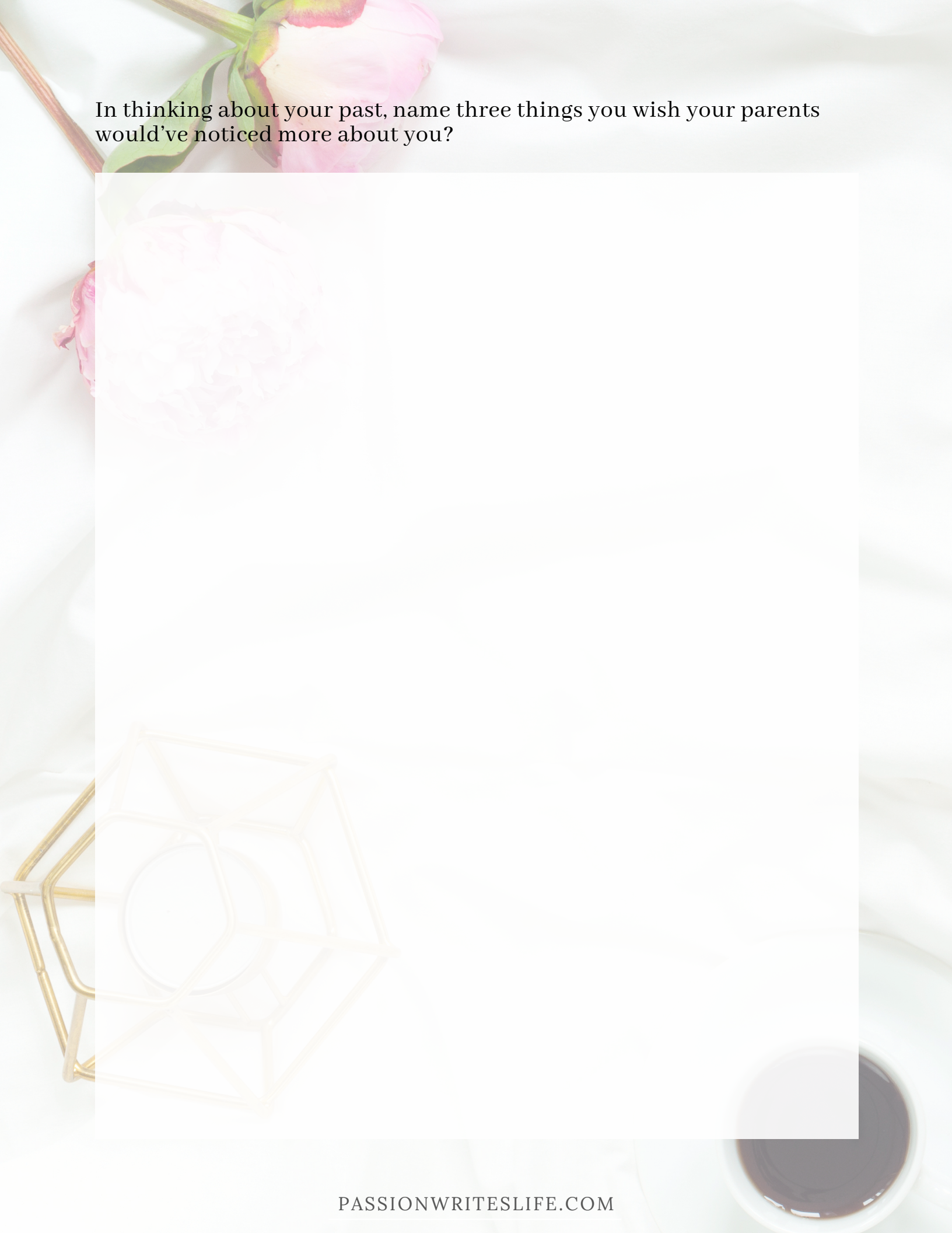


Are you happy at your current job? If so, list three reasons why. If not, list three reasons why.

A large, empty white rectangular area for writing, framed by a decorative border of light-colored fabric and dried grasses. The border is composed of a textured, light beige fabric on the left and bottom, and dried, golden-brown grasses on the right. The central white area is completely blank, intended for the user to write their response to the question above.

What is the most challenging thing you've faced this year? How did you handle it? What did you learn about yourself as you were going through that difficult time?

A large, blank, lined writing area with a decorative flourish at the top left. The lines are light blue and run diagonally across the page. The flourish is a simple, elegant scroll design.



In thinking about your past, name three things you wish your parents would've noticed more about you?

Name three goals you would like to accomplish in the next 6 months or year?

A large white rectangular area for writing, overlaid on a background image of a notebook and a pen. The background shows a white notebook with a gold-colored pen resting on it, set against a blurred background of a desk with some plants.

Name three things you enjoy doing? Do you get to do these things often? If not, what is holding you back from doing the things you enjoy regularly?



What is your biggest physical insecurity? What are three acts of self-love you can do to help you feel better about yourself?





Has someone not apologized to you for something they said or did that hurt you? What happened? If that apology never comes, what are three things you can do to help yourself heal from that situation?



Name something you were made fun of as a child, but now as an adult have since overcome or mastered?

