

GRATITUDE

QUESTIONS

SELF

- HOW DO YOU TAKE CARE OF YOURSELF?
- WHAT NEGATIVE FEELINGS ABOUT YOURSELF DO YOU NEED TO LET GO OF?
- WHAT ARE YOU COMPLETELY PASSIONATE ABOUT?
- WHAT IS SOMETHING YOU FIND UNIQUE ABOUT YOURSELF?
- WHAT CHALLENGE DO YOU WANT TO EMBRACE?
- HOW DO YOU WANT TO THINK AND FEEL ABOUT YOURSELF?
- WHAT CAN YOU TALK ABOUT FOR 20 MINUTES STRAIGHT?

- WHEN DO YOU FEEL LIKE YOUR BEST SELF?
- HOW DO YOU STAY TRUE TO YOURSELF?
- WHAT MAKES YOU FEEL THE MOST CREATIVE?
- WHAT IS YOUR FAVORITE WAY TO EXPRESS YOUR LOVE?
- HOW DO YOU SHOW YOURSELF LOVE?
- HOW DO YOU ENJOY SPENDING TIME BY YOURSELF?
- HOW DO YOU SHOW YOURSELF MORE GRACE?
- HOW DO YOU CELEBRATE YOURSELF?

OTHERS

- **WHAT IS A POSITIVE CHANGE THAT SOMEONE HAS MADE IN YOUR LIFE?**
- **HOW DOES YOUR FAVORITE PERSON MAKE YOU SMILE?**
- **WHAT IS YOUR FAVORITE THING THAT YOUR [BIG/LITTLE] HAS TAUGHT YOU?**
- **WHO ARE YOU ABLE TO BE YOUR MOST AUTHENTIC SELF AROUND?**
- **WHO MAKES YOU FEEL TRUE TO YOURSELF?**
- **WHO PUSHES YOU TO BE YOUR BEST SELF?**
- **WHO REMINDS YOU OF YOUR FAVORITE COLOR?**

RANDOM

- **WHICH ROOM IN YOUR HOUSE MAKES IT FEEL LIKE HOME?**
- **WHO WOULD YOU DANCE IN THE MIDDLE OF THE STREET WITH?**
- **WHO GIVES THE BEST HUGS?**