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Self-reflection

What was the best moment of your day?

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What song matches your mood right now?

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What have you been looking forward to this week?

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When did you last laugh so hard you cried?

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What are three things you're good at?

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What do you want to do more of?

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What helps you feel calm?

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Which place helps you relax?

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What's your best habit?

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What have you learned this month?

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What would you do with an extra hour every day?

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What gives you energy, and what drains it?

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What small thing would make tomorrow better?

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What were you into at 12, and is it still part of you?

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Who did you feel like calling today?

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What's the last thing you bought that made you really happy?

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Which three words describe you right now?

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What's your favorite spot in your home?

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When does time fly for you?

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What have you been putting off for a while?

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What would you do with a whole day just for yourself?

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What's working well in your life right now?

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What have you said yes to lately that you're glad about?

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What have you said no to lately that you're glad about?

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Who made your week better?

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What smell, taste or sound feels like safety to you?

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Which book, movie or conversation has sparked something in you lately?

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What makes you feel fresh and ready to go?

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What's a small win from this week?

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What are you curious about right now?

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What would you do with more peace and quiet?

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What's the first thing you do when you're having a bad day?

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Which compliment do you still remember?

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What would you write on a note to yourself for tomorrow morning?

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What do you spend the most time worrying about?

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What do you do when you're sad, and does it help?

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Who do you compare yourself to the most?

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What do you say yes to even though you'd rather say no?

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When do you feel most sure of yourself?

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What do you avoid, and why?

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Which feeling do you find hard to show?

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What have you changed your mind about this past year?

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Which habit do you want to break, and what's in the way?

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What are you better at now than five years ago?

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When were you last unfair to someone?

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What annoys you in others that you also do yourself?

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What would the people closest to you say you should take better care of?

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What have you been praised for that you find hard to believe?

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Who in your life gives you the most energy?

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Who in your life drains the most energy, and what do you do about it?

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Is what you call laziness actually tiredness?

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When were you last really brave?

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What advice do you give others that you should follow yourself?

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What do you do after you've made a mistake?

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How do you talk to yourself when things go badly?

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What are you holding on to that you might need to let go of?

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What are you still angry about?

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What do you need to hear from other people?

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What do you need to hear from yourself?

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What does it take for you to feel good?

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What do you prioritize when you're short on time?

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What part of your daily routine would you change if you dared?

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Who haven't you properly thanked?

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What do you know you need to do but keep putting off?

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What are your three most important values, and do you live by them?

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What would you do differently if no one were judging you?

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When did you last feel you were exactly where you belonged?

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What are you afraid others will find out about you?

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What story do you tell about yourself that might not be true anymore?

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What have you forgiven, and what do you still need to forgive?

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What has life given you that you never asked for?

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What would you miss most if it disappeared tomorrow?

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Who are you when no one is watching?

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What are you proud of in the way you got through something hard?

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What has made you who you are today?

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Which side of yourself have you kept hidden since you were a kid?

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What have you given up that you still miss?

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When did you last cry, and what was it about?

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What does being good enough mean to you?

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Which decision are you waiting to make?

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What gives your life meaning on a completely ordinary Tuesday?

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What do you hope people say about you when you're not in the room?

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Which relationship in your life needs more care?

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What do you need less of?

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What do you want to remind yourself of the next time things get hard?

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What have you enjoyed this week?

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Which room in your home do you feel most at ease in?

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What do you do when you need to think?

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Which small habit makes your days better?

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What do you feel like learning right now?

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What feeling has been strongest today?

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When did you last say no and feel glad about it afterward?

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When do you trust your gut most?

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What takes more energy than it gives?

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Which side of yourself do you rarely show?

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What do you keep putting off, even though you know it would do you good?

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**What would the wisest version of
you say to you today?**

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**What are you afraid to find out about
yourself?**

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**Which belief about yourself did you
inherit from others?**

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**What would you do if you fully
trusted yourself?**

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Your own question

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Your own question

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Your own question

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