

THE ESSENCE OF YOUR LIFE



Tell me about someone
who inspires you.
What about them
inspires you?

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Tell me about someone
who's been a role model
for you in the past.

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Imagine that you find
out you're someone's role
model – what would they
say about you?
What about you would
inspire that person?

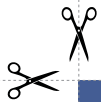
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What are you most
proud of?
Tell me about a special
moment or achievement
of yours.

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Describe a place that makes you feel good or has made you feel good in the past.

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What smell reminds you of a good memory, or what scent do you enjoy?

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What song puts you in a good mood?
Why?

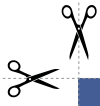
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Who or what motivates you to get up in the morning?

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Tell me about a project you want to complete, one that's important to you.

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Tell me about a time when you felt alive. What were you doing? Where were you? Who were you with?

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What are the phrases and thoughts that keep you going when things get tough?

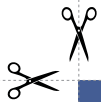
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What brings meaning to the tough times in your life? What values have helped you cope?

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Imagine that one morning,
you wake up and all
your troubles are gone.
How do you feel?
What do you
do differently?

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Name one of
your strengths.

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Which of these
three values is most
important to you?

Courage
Honesty
Generosity

Tell me about a time when
you embodied this value.

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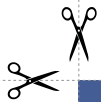


Which of these
three values is most
important to you?

Collaboration
Discipline
Perseverance

Tell me about a time when
you embodied this value.

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What changes did you notice in yourself after overcoming a challenge?

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Tell me about someone you trust. Why do you trust them and in what ways? How did that person earn your trust?

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Tell me about one of your favourite activities. What do you like about that activity? What have you learned about yourself while doing that activity?

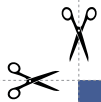
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If you had no restrictions, what would you do for a living?

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Tell me about a time in your life when you felt happy and fulfilled.

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What little things in everyday life bring you joy?

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Name one important thing you would like to accomplish this year.

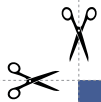
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What's the most valuable thing you've learned from your past mistakes?

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What positive changes have you noticed in yourself over the past year?

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What's the most inspiring thing you've read, seen or heard recently?

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What aspects of your life are you most grateful for?

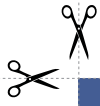
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What qualities do you admire in others and would like to develop?
When have you demonstrated those qualities, even a little?

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Tell me about something
nice someone did
for you recently.

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Tell me about something
nice you did for someone
else recently.

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