



What does it mean to you as an individual to relax?
Define it in your own terms.



What activity brings you enjoyment? How often do
you do this task?



Do you think you are being selfish if you put your
needs first or do you feel guilty by doing so? Why or
why not?



What motivates you?



Do you have trouble asking for what you need? Do
you feel inadequate if you ask for help?



What do you need right now?



What brought you joy today? This week? This
month?



What are you putting off? Why?



Is there any self-work you should focus on? How will
you be intentional about this?



What self-care activities would you like to do more
often?



What actions can you take to feel better?



Are you taking breaks and resting when you need
to? How can you build this kind of self-care into your
schedule?



What goals or hobbies would you like to pursue?



What are you grateful for?



Are you honoring your boundaries? How does this
show up in your life?



Is there negativity you can cut from your life? What
are the steps to doing this?