

TELL ME ABOUT ONE THING THAT MADE YOU HAPPY TODAY.

WHEN DO YOU FEEL THE MOST LIKE YOURSELF?

WAS THERE ANYTHING THAT FELT HARD ABOUT YOUR DAY?

WHAT WOULD YOUR IDEAL DAY LOOK LIKE?

HOW WOULD YOU DESCRIBE THE WAY YOU FELT TODAY?

**WHAT IS ONE THING YOU CAN DO TODAY TO BRING GOODNESS OF ANY KIND INTO THE WORLD?
(JOY, COMFORT, LOVE, PEACE, BEAUTY, LIFE, ETC.)**

WHAT IS SOMETHING YOU HAVE BEEN LEARNING LATELY?

WHO IS SOMEONE YOU ADMIRE? WHY?

IS THERE ANYTHING YOU HOPE TO DO BETTER TOMORROW?

**WHAT INSPIRES YOU?
(WHAT MAKES YOU WANT TO CREATE?
WHAT MAKES YOU WANT TO BECOME THE BEST VERSION OF YOURSELF?)**

WAS THERE ANYTHING THAT YOU DID TODAY THAT WAS PARTICULARLY FULFILLING OR REWARDING?

ARE YOU HAPPY WITH THE PERSON YOU ARE BECOMING? WHY OR WHY NOT?

USE TEN WORDS TO DESCRIBE TO ME WHAT KIND OF PERSON YOU HOPE TO BE IN TEN YEARS.

WHAT GETS IN THE WAY OF YOUR CONTENTMENT?

WALK ME THROUGH YOUR DAY BY TELLING ME ONE THING YOU HEARD, SAW, TASTED, SMELLED, AND FELT.

WHAT PEOPLE IN YOUR LIFE BRING OUT THE BEST PARTS OF YOU?

WHAT IS SOMETHING THAT YOU'D LIKE TO KNOW MORE ABOUT?

HAVE YOU NOTICED ANYTHING THAT MAKES YOU CONSISTENTLY HAPPY AND CONTENT?

WHAT DO YOU WISH YOU HAD MORE TIME TO DO?

HAVE YOU NOTICED ANYTHING THAT MAKES YOU CONSISTENTLY SAD, DISCONTENT, DISCOURAGED, OR FRUSTRATED?

Tell me about one thing that made you happy today.	When do you feel the most like yourself?
Was there anything that felt hard about your day?	What would your ideal day look like?
How would you describe the way you felt today?	What is one thing you can do today to bring goodness of any kind into the world? (Joy, Comfort, Love, Peace, Beauty, Life, etc.)
What is something you have been learning lately?	Who is someone you admire? Why?
Is there anything you hope to do better tomorrow?	What inspires you? (What makes you want to create? What makes you want to become the best version of yourself?)
Was there anything that you did today that was particularly fulfilling or rewarding?	Are you happy with the person you are becoming? Why or why not?
Use ten words to describe to me what kind of person you hope to be in ten years.	What gets in the way of your contentment?
Walk me through your day by telling me one thing you heard, saw, tasted, smelled, and felt.	What people in your life bring out the best parts of you?
What is something that you'd like to know more about?	Have you noticed anything that makes you consistently happy and content?
What do you wish you had more time to do?	Have you noticed anything that makes you consistently sad, discontent, discouraged, or frustrated?