



Getting out in fresh air

Regular physical activity

Eating habits

Self-care

Could you move more each day?

Are you sleeping?





Optimism, confidence, hope

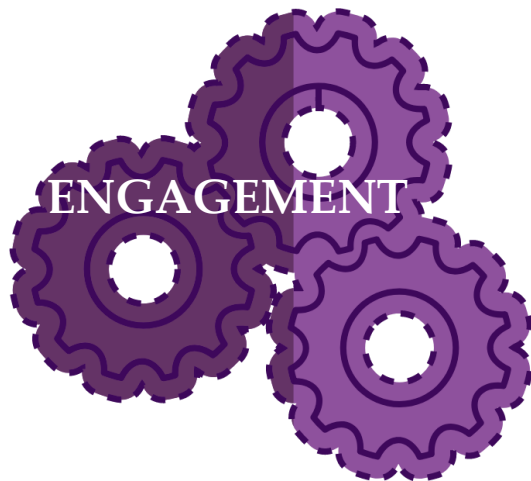
Feeling good about yourself

What gives you good energy?

When did you last really laugh?

What last gave you joy?



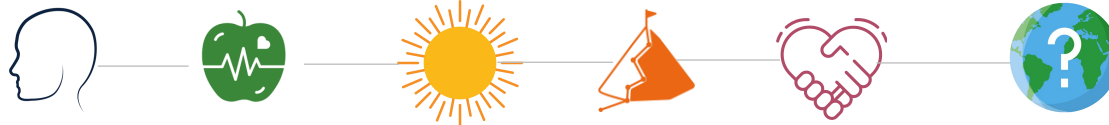


When were you last occupied in something you enjoy?

When were you last in flow so that you forgot time?

Captivating your attention so that you are unaware of your thoughts & feelings

Creative inspiration



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## PERSONAL ACHIEVEMENT



Daily goals

Inspired action

Have you mastered something new?

What have you done this week that made you feel proud?



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## RELATIONSHIPS



Human connection

Listening and being heard

Authentic, meaningful conversations





What are you passionate about?

Do you feel fulfilled?

What is your contribution?

Purpose, values, motivation



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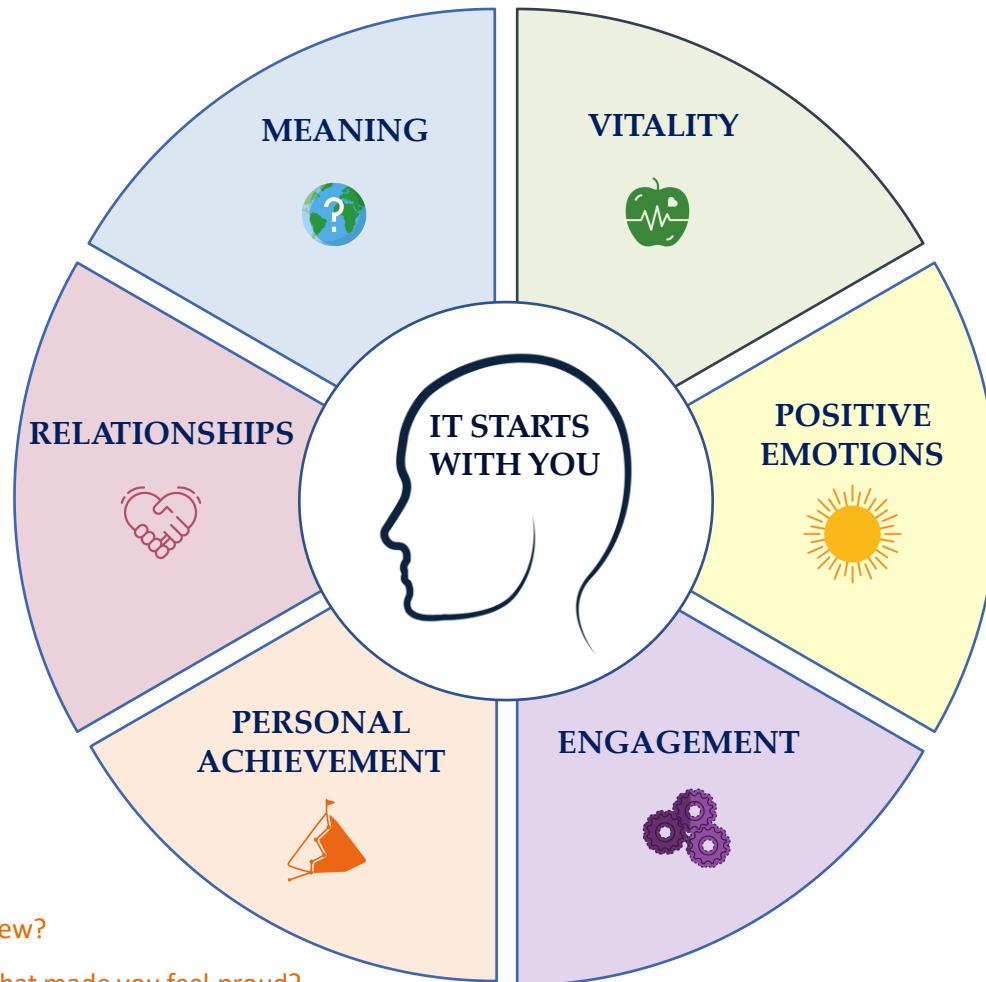
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