

A Journey Within
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1. What changes can I make to be a healthier version of me?

2. What motivates me to keep going?

3. How have I grown from past mistakes?

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4. Talk about something that you need to forgive.

5. What am I afraid of doing?

6. What am I passionate about?

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7. Name 5 things challenge me in life. And talk about them.

8. I feel the most relaxed when?

9. How would I describe my work ethic?

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10. How do I spend my spare time?

11. Do I use screen time to better myself? How could I if I don't?

12. What is currently stressing me out?

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13. Talk about things that are currently very important to me.

14. What does my perfect day look like?

15. Do I focus on being busy or being productive?

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16. What do you want your legacy to be?

17. How do I take care of myself?

18. What's one thing I could improve about myself this week?

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19. Do I feel guilty about anything right now?

20. What is the most interesting part of me?

21. Where do I see myself in 10 years from now?

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22. How am I feeling today?

23. When am I happiest?

24. What do I wish I felt more of today?

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25. When do I feel the most confident?

26. What character traits do I admire the most in others?

27. Talk about 5 things that brought you joy today.

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28. What are you looking forward to?

29. What 3 parts of your life would make you happy to improve?

30. Talk about the biggest lesson you learned this month.
