

ME, MYSELF, & I

QUESTIONS FOR SELF-REFLECTION

DO YOU LOOK AT THE
BRIGHT SIDE?

DO YOU DWELL ON
THINGS THAT ARE OUT
OF YOUR CONTROL?

WHAT IS YOUR
FAVOURITE THING
ABOUT YOURSELF?

DO YOU TAKE TIME TO
LOOK AFTER YOUR
MENTAL AND
PHYSICAL HEALTH?

ARE YOU HAPPY WITH
YOUR GROWTH OVER
THE LAST YEAR?

WHAT DO YOU WANT TO
IMPROVE BY THIS TIME
NEXT YEAR?

ARE YOU TAKING
ANYTHING FOR
GRANTED?

ARE YOU PROUD OF
WHO YOU ARE
BECOMING?