

Welcome to "Food for Thought"

Please read through and choose the ones that inspire you, move you and connect with you.

How do you react when someone compliments you?

If you could visit **anyone** on the planet right now, **who** would you go see?

Write or talk about a song you favor. Which memories or feelings does it evoke in you?

Name one kind thing you did spontaneously for someone else in the last 24 hours?

Three things that always bring a smile to your face!

- 1.
- 2.
- 3.

If you could own only 4 possessions for the rest of your life, what would they be?

- 1.
- 2.
- 3.
- 4.

What is your most daring dream? What would you do?

If you could have your 3 favorite foods, anytime, all the time. Which would they be?

- 1.
- 2.
- 3.

If you could live "anywhere" you want, Where would that be? Why there?

What are two things that warmed your heart today?

- 1.
- 2.

Think of something that is troubling you and write about it. Don't try to solve it, begin by getting your thoughts out about it.

If you won \$1,000,000 What would you do with it?

Share something new that you learned in the last 2 days.

What are 3 things that you are proud of?

- 1.
- 2.
- 3.

What inspires you? What fills your bucket?

Things that bother me and slow me down.

It's never too late to make changes. What are 3 things that you would like to change?

- 1.
- 2.
- 3.

Who are the people who can help you? How do they help you?

What are 3 things that you are proud of?

- 1.
- 2.
- 3.

Things aren't always easy. What are 2 things you find challenging?

- 1.
- 2.

Things I want to BE.
WHY I want to BE THEM.

What are your 3 most frequent thoughts?

- 1.
- 2.
- 3.

What do you wish they would be?

Name something you enjoyed and you wish you could do again.

What makes you happy?

What is your greatest motivation in life?

My hardest challenge in the past year. How I overcame it.

When do you feel lonely?

When something is challenging, what's your **"Game Plan"** to work through it?

Name 3 things that frustrate you with friendships and relationships.

- 1.
- 2.
- 3.

Who would you like to give a high-5 to?

When your mind is preoccupied, what helps you to re-center yourself and find a calmer state?

What is something that you bring to this world, that no one else does? (Because YOU are UNIQUE!)

My biggest current challenge is.....
My strategies to overcome it are:

- 1.
- 2.
- 3.

What makes you laugh?

Close your eyes, think about what makes you feel MOST ALIVE

When was the last time you experienced something new? What was it?

List 3 ways that you can be kinder to yourself?

- 1.
- 2.
- 3.

What are 3 things you've always wanted to experience?

- 1.
- 2.
- 3.

What/who makes you feel safe?

What makes you sad/want to cry?

Name 2 kind things someone did for you?

- 1.
- 2.

How did it make you feel?

The more we learn about ourselves, the easier it becomes to navigate obstacles we face.

What are you learning about yourself now?

What did you learn about yourself a year ago?

What do you hope to learn about yourself a year from now?

What are three things in your life that you are impatient with?

- 1.
- 2.
- 3.

What can help you become more patient?

What are your 3 favorite things to do in your spare time?

- 1.
- 2.
- 3.

Who do you enjoy spending time with?
What do you like to do together?

If you "Won a Trip!"
Where would you want to explore?
Who would you want to bring with you?

What are 3 things that people don't know about you, and you wish they knew.

- 1.
- 2.
- 3.

What makes you feel most connected to places you have been to or would like to go visit?

How does it feel to help someone close to you?

What are your passions?
Who do you share these with?

Imagine a better world for yourself and others. What does it look like and sound like?

What makes you feel most connected to people?

Four things I LOVE AND APPRECIATE about myself

- 1.
- 2.
- 3.
- 4.

What is the biggest goal you have for yourself in the next month and in the next year?

How do you express your emotions?
How is this helpful for you?

3 things that frustrate me the most at home.

- 1.
- 2.
- 3.

I wish adults would stop saying "....." and say "....." instead.

When you're filled with sadness, what helps you move through this energy and emotional state?

Where do you feel most safe and comfortable?

What makes you feel most connected to animals?

My life is not always easy, 3 things I CAN control.

- 1.
- 2.
- 3.

3 things I CAN'T control

- 1.
- 2.
- 3.

Sometimes I worry about...
Who do you feel comfortable sharing these thoughts with?

When you have time for yourself, what do you enjoy doing?

If you could make 3 changes at school, what would they be?

- 1.
- 2.
- 3.