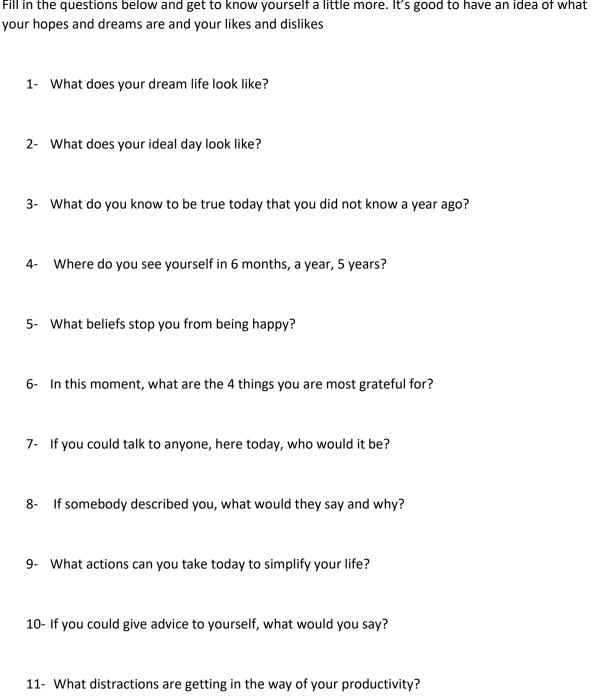




## **Emotional Resilience 20 Questions**

Fill in the questions below and get to know yourself a little more. It's good to have an idea of what



12- If you could have 3 things in the world, what would they be?
13- Write down your top 10 goals to achieve
14- Who do you look up to the most and why?
15- What does happiness mean to you?
16- How have you changed in the last year?
17- How do you spend your Sundays?
18- What do you need more of in your life?
19- What are the 10 things you love about yourself and why?
20- What are your best qualities?