



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 your hopes and dreams are and your likes and dislikes

- 1- What does your dream life look like?
- 2- What does your ideal day look like?
- 3- What do you know to be true today that you did not know a year ago?
- 4- Where do you see yourself in 6 months, a year, 5 years?
- 5- What beliefs stop you from being happy?
- 6- In this moment, what are the 4 things you are most grateful for?
- 7- If you could talk to anyone, here today, who would it be?
- 8- If somebody described you, what would they say and why?
- 9- What actions can you take today to simplify your life?
- 10- If you could give advice to yourself, what would you say?
- 11- What distractions are getting in the way of your productivity?

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?