

**Self Confidence:**

- What are some qualities that make you unique?
- How do you handle failure?
- What are some positive affirmations you can say to yourself every day?

**Self Love:**

- What are some things you love about yourself?
- What is one way you can show yourself love today?
- What is one thing you can forgive yourself for?

**Self Esteem:**

- How can you turn a negative thought into a positive one?
- What is one thing you can do to challenge yourself?
- How can you practice self-compassion?

**Building an Eating Plan Based on Preferences:**

- What are some of your favorite foods?
- How can you incorporate more fruits and vegetables into your day?
- What meals can you cook and eat regularly?

**Building an Exercise Routine Around What You Like to Do:**

- What are some activities you enjoy doing?
- What is one exercise you've always wanted to try?
- How can you incorporate movement into your daily routine?

**Discovering Your Creativity:**

- What are some hobbies or activities you've always wanted to try?
- How can you make time for creative expression in your life?
- What are some ways you can experiment with different forms of expressing yourself?

**Building the Life You Want:**

- What is your definition of success?
- What is one step you can take today to work towards a goal?
- How can you celebrate your accomplishments along the way?