

The Real
Self-Care Questions

- What's your emotional status right now?
- When are you at your best? Describe the conditions.
- When have you been successful at managing change and what did you discover about yourself?
- When has managing change been most difficult?
- How can you best prepare yourself for change?
- What is on your mind the most?
- Do you have a music playlist that helps you to get motivated?
- What activities do you enjoy doing alone?
- What motivates you?
- What is your favorite form of entertainment? (music, reading, hiking, cooking, walking, gardening, socializing, etc...)
- What are your strengths and challenges?
- Who is on your support team?
- Who do you need to say no to in order to say yes to yourself?
- When might it be good to take a mental health day?
- How many mental health days do you need to reset?
- When was the last time you got dressed up?
- What have you done for yourself today?
- What makes you laugh/cry/angry/sad/excited/afraid?