

Goals

- Imagine you could create a new reality. Who are the people around you that make you feel good about this situation?
- What is the outcome of fulfilling this goal?
- Imagine you could create a new reality. Describe it in detail.
- How do your goals align with your values?
- What does success look like?
- Jump forward five or ten years into the new reality that you created; what knowledge and skills from today helped you get there?
- If there was one action you could take, where would you be willing to start?
- Who was responsible for generating your goal?
- What is a goal that is challenging but feasible?
- What obstacles might get in the way of your goal?

Relationships

- Who helps you make decisions when you need to think through options and consequences?
- What specific steps could you take to expand your support network?
- When have you benefited from belonging to a certain group?
- If you were stranded 20km from home, who would you call for help?
- Which groups have you joined by choice?
- What groups do you belong to by default that are ascribed by other people or society at large?
- Describe the last time you felt driven and motivated. Who else was around?
- When has belonging to a group been a challenge for you?
- What skills and knowledge do you need to reach your goals?
- What emotional support resources and advice do you give and receive from your key relationships?

Emotions

- What are some ways that you can incorporate social connections into your life?
- How do you practice gratitude?
- How do you prioritise self-care? What activities or practices help you to relax and recharge?
- In the past month, what were your three most positive experiences?
- What words do you regularly use to describe your emotions?
- What positive emotions can you leverage?
- How does excessive stress impact on your wellbeing?
- How much time and energy do you spend thinking and worrying about what is outside your control?
- In a year from now, how will your current worries be impacting you?
- When you feel stressed or overwhelmed, what are some strategies that you typically use to cope?

Motivation

- What ways do you rely on external rewards such as treats, praise, or prizes in order to stay motivated?
- What would you describe as your most significant accomplishment?
- What activities trigger a flow state or 'peak experiences', making you lose awareness of self and time, and feel effortless yet rewarding?
- How do you stay motivated while doing repetitive or boring work?
- What gives you the greatest sense of authenticity?
- What is your vision for the future?
- What positive emotions do you want to feel when you achieve your goal?
- What experiences or events left you feeling disappointed or unmotivated?
- How can you challenge any beliefs, assumptions, or experiences that are negatively impacting your motivation?
- How much do you rely on praise or recognition to stay motivated?

Health

- How can you build healthy eating habits that are sustainable, rather than relying on short-term diets or strict rules?
- What is your waking routine that supports the rest of your day?
- How might acts of service contribute to your community and sense of purpose?
- How would you describe a good night's sleep?
- What are some ways that you can incorporate movement into your daily routine?
- What are your current eating habits, and how do they make you feel physically and mentally?
- What are some ways that you incorporate focused breathing into your day?
- Reflect on the boundaries in your relationships?
- When is the last time you gave yourself a break?
- Who are the people in your life that provide you with emotional support and a sense of community?

Habits

- How can you make the new habit more appealing or rewarding to your brain so that it sticks?
- What does it feel like to really, really want something?
- What would help make your new habit easy to adopt?
- Think about a habit you want to change. In what context or situation does the behaviour emerge?
- What triggers your old habit and how can you identify those cues in advance?
- What existing habits or routines could you anchor or "stack" a new habit upon?
- How can you celebrate small wins and progress towards a new habit, so you reinforce positive feelings and create momentum?
- What potential obstacles or challenges might you encounter in forming this new habit, and how can you overcome them?
- How can you break down your goal or new behaviour into smaller, more manageable steps to practice deliberately?
- What does it feel like to really, really want something you have decided is unwanted?

Self-Awareness

- What is happening for you right now?
- How do people like you act?
- What do people like you do?
- Who do you believe you can become?
- What are you feeling in this moment?
- What strengths have you learned to hide?
- What do you get complimented on? What strengths underly those compliments?
- Where else could you use your strengths?
- What is a personal strength that you often overlook?
- What does your goal say about you?

