What 5 words would you use to describe yourself? – why?

What went well today and why? How did YOU make this happen?

What are you most proud of about yourself? – why?

When you make a mistake, how do you forgive yourself?

What gives you purpose?

What's the best thing about being you? Why?

Is there anything you would like more of in your life?

How do you know when you are happy? What do you notice?

What is most important to you right now? Why?

What are 3 values you have? Why are they important to you?

Do you find it difficult to relax? If so, why do you think this is?

Think about a different period you have overcome, how did you do this?

What distractions get in the way of your productivity?

What emotions are you holding onto? Are they helpful? If they are not, what would be different if you let go?

What do healthy boundaries look like for you?

Write down an entire list of what you are worried about. Star the items that you know are 100% true and not solely a feeling.

What things come effortlessly to you? Could this be a key to your future?

What 5 things are you grateful for today?

If you could have a conversation with your younger self, what would you say?

When you are feeling anxious, what physical symptoms do you notice?

Do you feel comfortable advocating for your own needs?

What is the biggest barrier you are facing right now? How would your life be different if it wasn't there?

What does self love look like to you? How often are you able to show yourself this?

What things do you feel you have control over in your life right now? How important is this to you?

What things do you feel recharge you? How can you add more of this into your life?

What things do you feel drain you? How can you have less of this in your life?

What things are you hopeful for for your future? What is one small step you can take each day to get you there?

How much do you let fear stop you from trying new things? What is the best thing that could happen if you gave them a go?

THE MORE YOU KNOW

AUTISM SERVICES