



**The Noledge**  
**HOUSE**

**#mynoledgemoment**

- **Prioritise self-care**
- **Be present**
- **Connect**
- **Share experiences**
- **Be accountable**
- **Tune in to your thoughts & emotions**

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Valued Member of the  
Queensland Alliance for Mental Health



# Self-Help Discovery!

This is a resource that you can use to learn more about yourself, your goals, your strengths, and your challenges. It consists of 10 questions that you can answer honestly and reflectively. You can also share your answers with your followers on social media, or invite them to answer the questions themselves.

This form is not for diagnostic purposes and is not a substitute for professional medical advice, diagnosis, or treatment. Should you be facing any mental health situation, it is essential to consult with a qualified healthcare provider or emergency services. In the event of a medical emergency or urgent situation (in Australia), please call "000" immediately for immediate assistance.



## **Question 1:**

# **What are you grateful for today?**

**Gratitude is a powerful emotion that can boost your happiness, health, and well-being. It can also help you cope with stress and adversity. Think of at least three things that you are grateful for today, and write them down. They can be big or small, personal or general, as long as they make you feel thankful.**

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## Question 2:

# What are you passionate about?

Passion is the fuel that drives you to pursue your dreams, hobbies, and interests. It can also give you a sense of purpose, fulfillment, and joy. Think of something that you are passionate about, and write it down. It can be a career, a hobby, a cause, a person, or anything else that excites you and makes you feel alive.

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## Question 3: What are you proud of?

Pride is a positive emotion that can boost your self-esteem, confidence, and motivation. It can also help you celebrate your achievements, recognize your strengths, and appreciate your efforts. Think of something that you are proud of, and write it down. It can be a personal accomplishment, a skill, a quality, or anything else that makes you feel good about yourself.

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## Question 4: What are you curious about?

Curiosity is a cognitive emotion that can stimulate your learning, creativity, and exploration. It can also help you discover new things, expand your horizons, and challenge your assumptions. Think of something that you are curious about, and write it down. It can be a topic, a question, a phenomenon, or anything else that sparks your interest and makes you want to know more.

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## **Question 5:**

# **What are you working on?**

**Working on something is a behavioral expression that can show your dedication, progress, and growth. It can also help you achieve your goals, improve your skills, and overcome your challenges. Think of something that you are working on, and write it down. It can be a project, a task, a habit, or anything else that requires your effort and attention.**

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## Question 6:

# What are you looking forward to?

Looking forward to something is an anticipatory emotion that can enhance your happiness, optimism, and hope. It can also help you plan for the future, enjoy the present, and cope with the past. Think of something that you are looking forward to, and write it down. It can be an event, an opportunity, a reward, or anything else that makes you feel excited and eager.

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## Question 7: What are you struggling with?

Struggling with something is a realistic acknowledgment that can reveal your challenges, difficulties, and pain. It can also help you seek help, find solutions, and practice resilience. Think of something that you are struggling with, and write it down. It can be a problem, a fear, a weakness, or anything else that makes you feel stressed and frustrated.

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## Question 8: What are you learning from?

Learning from something is a constructive attitude that can transform your challenges, mistakes, and failures into opportunities, lessons, and feedback. It can also help you grow, improve, and adapt. Think of something that you are learning from, and write it down. It can be an experience, a person, a book, or anything else that makes you feel wiser and better.

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## Question 9: What are you enjoying?

Enjoying something is a hedonic emotion that can increase your pleasure, satisfaction, and fun. It can also help you relax, recharge, and reward yourself. Think of something that you are enjoying, and write it down. It can be an activity, a person, a thing, or anything else that makes you feel happy and content.

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## **Question 10: What are you dreaming of?**

**Dreaming of something is a visionary emotion that can inspire your imagination, aspiration, and ambition. It can also help you create your vision, set your goals, and pursue your passion. Think of something that you are dreaming of, and write it down. It can be a wish, a plan, a fantasy, or anything else that makes you feel inspired and motivated.**

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**Great effort! Keep on learning about yourself, because you matter!**

**We hope you found this resource useful and interesting.**

**Feel free to share it with your social media followers.**

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