**Let’s De-stress**

1. What stresses are you currently feeling?
2. What do you do currently to de-stress?
3. What do you feel you could to help yourself more?

**Acknowledging your Emotions**

1. When is the last time that you truly asked yourself how you feel?
2. How do you feel right now in your life?
3. Did you know you were feeling this or are you just recognising it because you have the space and time now to acknowledge these emotions?
4. How often do you find yourself frustrated or annoyed at something or someone and on reflection, realise that it is not to do with the situation or person but about something else?
5. How could you give yourself more space or time to tune into your emotions?

**Hear you Intuition/Gut Feeling**

Write out 3 questions in your notebook that you want to find out the answers to.

E.g. Am I in the right job? What do I need to do to meet someone? How can I reach my potential?

**Self-belief**

1. Do you believe in yourself?

If no, why do you feel you do not believe in yourself?

1. Do you believe you could improve your self-belief?
2. Is a lack of self-belief holding you back from doing anything and if so, what is it?

**Create more Joy**

1. What joy do you experience in your life?
2. How often do you feel joy or do things you enjoy? (Daily/Weekly/Monthly/Yearly)
3. Why are you not bringing joy or more joy into your life now?
4. What joyful things can you start to do or bring into your life again?