

DIRECTIONS

Separate the cards on the perforations; Grab your people and answer one card at a time.

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STARTING CARD

What is one word that describes how you're feeling right now?

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What is one thing I do or say that causes you stress?

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What are your top 3 strengths?

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Who are your people? And why?

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What is your favorite memory with me?

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What is one thing I do or say that is helpful when you're stressed?

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What affirmations do you need to hear right now?

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What is one thing you wish I understood better?

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Which of your relationships deepened this year? Which ones dissolved?

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What have you learned about yourself in the past year?

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What is one coping strategy you would like to keep practicing? What is one you want to leave behind?

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ENDING CARD

Which of your failures was the best teaching moment?

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What is one word that describes how you're feeling right now?

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