



Self-Care Discussion Questions

- What gets in the way of you taking care of yourself?
- What does our culture say about self-care?
- What would be your ideal self-care routine?
- What is the most helpful thing you are doing for yourself right now?
- What is one habit you wish could replace, and what would it be?
- Which area of your life do you feel the most stress?
- What is the behavior are you practicing that is causing you the most harm?
- What activity in your life brings you the most joy?
- Are you satisfied with your eating habits?
- When do you feel like you are operating at your best?
- Do you feel like you are making the most out of each day?
- How often do you spend time outside?
- How do you feel when you walk into your workspace or your home?
- Describe your sleeping patterns.
- What negative thinking patterns keep you from growing into the person you want to be?
- What negative thoughts about yourself are you holding on to?
- How are you managing your time?
- What areas of your life do you prioritize?
- What is the first thing you thought about when you woke up?
- How often do you reflect on your life or your behaviors?