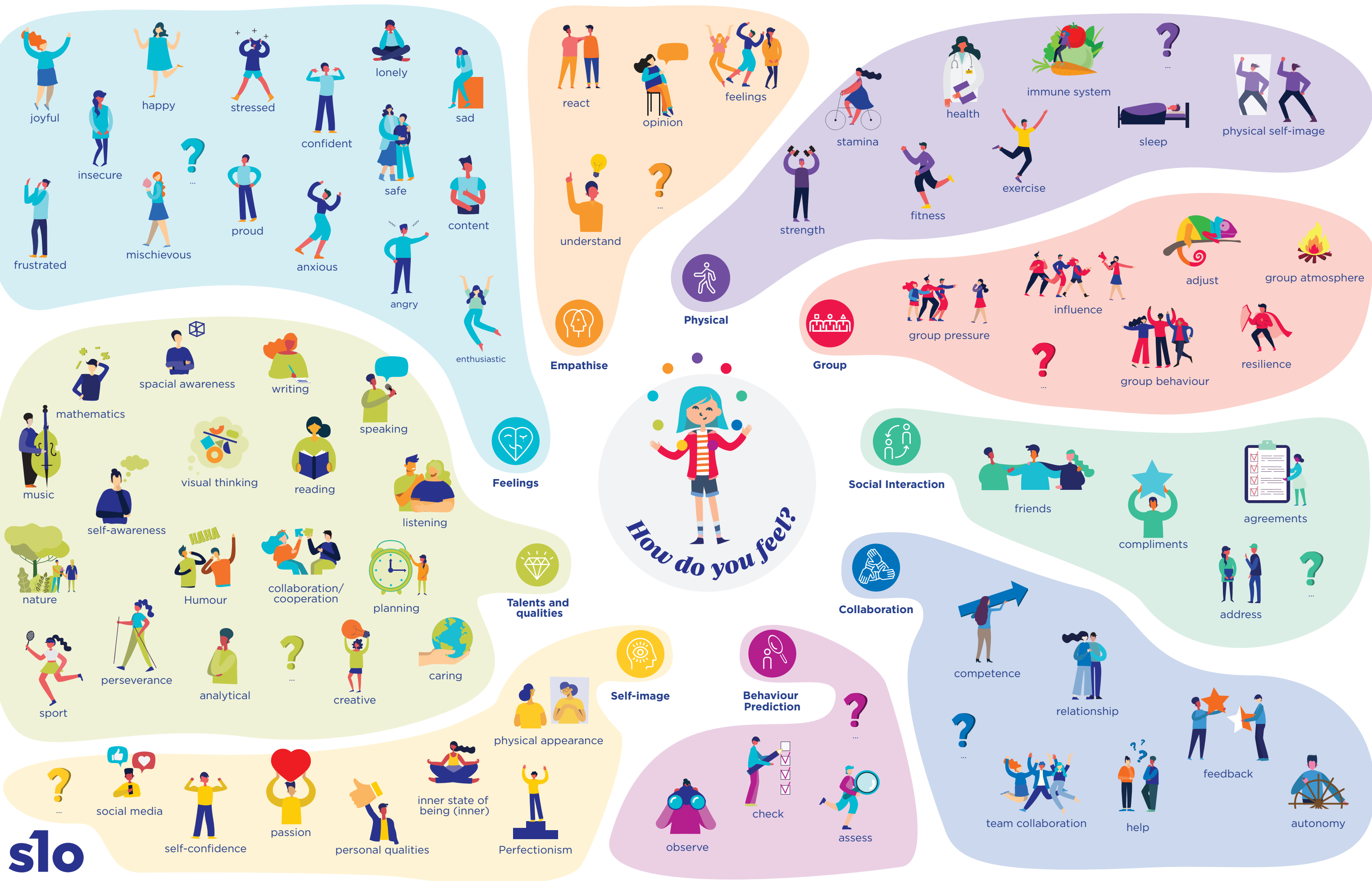


How do you feel?



How do you feel?

When you feel good about yourself, you can make the most of yourself. What would you like to learn about yourself? Which part of this picture would you like to address?

Consider some of these questions: what are your strengths? What motivates you? Who inspires you? What causes stress? What opportunities do you see? How you deal with the things you can't change? What plans and dreams do you have? What is most important to you? Who can you turn to? What motivates you?

How do you recognise someone else's feelings? How do you know how others feel? How do you respond to someone else's feelings? What do you do if people react to the same situation in a different way?

What does being healthy mean to you? How and when do you relax? How does it feel to be relaxed? What sports do you play? How do you stay fit? What part of your body are you proud of? Do you sleep well? How do you take care of your body? How do you strengthen your immune system?

How do you behave in a group? Which groups do you belong to? How come people behave differently in a group than on their own? What does respect mean to you? Does the group accept who you are? How do you stand up for yourself? How do you set your own limits? Do you stand up for others? How does another person's behaviour influence you? How do you help others to set their own boundaries?

How do you feel? When do you feel good or bad? How do you express yourself? Who do you feel safe to show your inner feelings to and who not? How do you deal with disappointments? How does the news affect your feelings? What makes you happy?

What are your talents? What qualities do you have? What are your challenges? How do you use your talents? How do you use your qualities?

Who are you? What are you proud of? How do you see yourself? How would you like to be seen? What do you value in yourself? What characterises you? How does social media influence your self-image? How do you take care of yourself? How do your beliefs influence what you do? How does your mindset influence your self-image?

What kind of compliment makes you happy? How do you give compliments? How do you make friends? How do you maintain your relationships? Which social rules do you think are important? What does good social interaction look like? What do you do when someone does not keep their word? How do you deal with someone breaking the rules? How do you include everyone?

What do you think collaboration is? How do you ensure good collaboration? How do you give feedback? How do you ask for help? What kind of feedback do you get? What roles and tasks do you prefer to do? How do you allow others to contribute? How do you feel about working together? What do you do when collaboration fails?

How do you know if what you see in other people's behaviour is true? What is the effect on your actions? How do you deal with situations that are unpredictable?

