



Questions to Ask Yourself

One card, one honest answer. For a notebook, a walk, or a quiet hour.

HOW TO USE THIS DECK

1. Print on A4. Card stock works best, plain paper is fine.
2. Cut along the grey lines - nine cards per sheet.
3. Keep the three levels in separate piles, or shuffle them together.
4. One person reads a card. Everyone answers. No skipping twice in a row.

LEVELS

Check-In - 20 cards

Honest - 20 cards

Unflinching - 20 cards

SELF-REFLECTION What went well this week that I haven't acknowledged? CHECK-IN 01	SELF-REFLECTION What am I looking forward to? CHECK-IN 02	SELF-REFLECTION What drained me this week, and was it necessary? CHECK-IN 03
SELF-REFLECTION What did I do today purely because I wanted to? CHECK-IN 04	SELF-REFLECTION What has my body been telling me lately? CHECK-IN 05	SELF-REFLECTION What's taking up the most space in my head? CHECK-IN 06
SELF-REFLECTION When did I last feel genuinely rested? CHECK-IN 07	SELF-REFLECTION What's a small change that would improve my week? CHECK-IN 08	SELF-REFLECTION Who did I enjoy being around recently? CHECK-IN 09

SELF-REFLECTION What am I curious about at the moment? CHECK-IN 10	SELF-REFLECTION What did I say yes to that I should have declined? CHECK-IN 11	SELF-REFLECTION What part of my routine actually works? CHECK-IN 12
SELF-REFLECTION What have I been putting off, and why? CHECK-IN 13	SELF-REFLECTION What made me laugh this week? CHECK-IN 14	SELF-REFLECTION Where do I feel most like myself? CHECK-IN 15
SELF-REFLECTION What am I grateful for that I take for granted? CHECK-IN 16	SELF-REFLECTION What do I want more of next month? CHECK-IN 17	SELF-REFLECTION What's the last thing I learned that stuck? CHECK-IN 18

SELF-REFLECTION What am I proud of that nobody praised? CHECK-IN 19	SELF-REFLECTION How do I want to feel at the end of this week? CHECK-IN 20	SELF-REFLECTION What am I pretending not to know? HONEST 01
SELF-REFLECTION What would I do differently if nobody's opinion mattered? HONEST 02	SELF-REFLECTION What am I tolerating that I shouldn't be? HONEST 03	SELF-REFLECTION Where am I performing rather than living? HONEST 04
SELF-REFLECTION What do I want that I keep talking myself out of? HONEST 05	SELF-REFLECTION What am I afraid would happen if I stopped trying so hard? HONEST 06	SELF-REFLECTION Whose approval am I still chasing? HONEST 07

SELF-REFLECTION What do I do when I'm avoiding something? HONEST 08	SELF-REFLECTION What belief about myself is no longer true? HONEST 09	SELF-REFLECTION What am I holding onto because letting go feels like failure? HONEST 10
SELF-REFLECTION What would my life look like if I trusted myself more? HONEST 11	SELF-REFLECTION What do I need to forgive myself for? HONEST 12	SELF-REFLECTION Where am I spending energy that gives nothing back? HONEST 13
SELF-REFLECTION What have I outgrown? HONEST 14	SELF-REFLECTION What's the story I tell about my life, and is it accurate? HONEST 15	SELF-REFLECTION What am I waiting for permission to do? HONEST 16

SELF-REFLECTION What would I regret if this year ended tomorrow? HONEST 17	SELF-REFLECTION What do I need that I've never asked anyone for? HONEST 18	SELF-REFLECTION When did I last change my mind about something important? HONEST 19
SELF-REFLECTION What am I not saying out loud? HONEST 20	SELF-REFLECTION What am I most afraid people would find out about me? UNFLINCHING 01	SELF-REFLECTION What have I never grieved properly? UNFLINCHING 02
SELF-REFLECTION What do I think I deserve, and where did that idea come from? UNFLINCHING 03	SELF-REFLECTION What pattern of mine keeps producing the same pain? UNFLINCHING 04	SELF-REFLECTION Who am I when nothing is required of me? UNFLINCHING 05

SELF-REFLECTION



What did I have to become to survive my childhood, and do I still need it?

UNFLINCHING 06

SELF-REFLECTION



What am I doing with my life that isn't mine?

UNFLINCHING 07

SELF-REFLECTION



What would I have to admit to change everything?

UNFLINCHING 08

SELF-REFLECTION



What do I want my life to have been for?

UNFLINCHING 09

SELF-REFLECTION



Who have I hurt, and have I actually made it right?

UNFLINCHING 10

SELF-REFLECTION



What am I still angry about that I claim to be over?

UNFLINCHING 11

SELF-REFLECTION



What would I do if I knew I had ten years left?

UNFLINCHING 12

SELF-REFLECTION



What part of myself have I abandoned?

UNFLINCHING 13

SELF-REFLECTION



What am I most ashamed of, and is that shame fair?

UNFLINCHING 14

SELF-REFLECTION



**What would the person I want
to be do next?**

UNFLINCHING 15

SELF-REFLECTION



**What am I choosing every day
without realising it's a choice?**

UNFLINCHING 16

SELF-REFLECTION



**Where does my life stop
feeling real?**

UNFLINCHING 17

SELF-REFLECTION



**What truth have I been circling
for years?**

UNFLINCHING 18

SELF-REFLECTION



**What do I need to say to
someone before it's too late?**

UNFLINCHING 19

SELF-REFLECTION



**If I stopped being afraid
tomorrow, what would I do
first?**

UNFLINCHING 20