### 1. \*\*Topic\*\*: Exploring Core Values

\*\*Objective\*\*: To help identify your guiding values and gain clarity on what truly matters.

\*\*Questions\*\*:

1. What do I admire in others?

2. When do I feel most authentic and fulfilled?

3. Which qualities do I want to cultivate more in myself?

\*\*Activity\*\*: Create a list of your top five values. For each one, write down a recent action or choice that aligns with that value and one area where you can bring it to life more intentionally.

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### 2. \*\*Topic\*\*: Strength-Based Growth

\*\*Objective\*\*: To recognize your strengths and how they can support your growth and resilience.

\*\*Questions\*\*:

1. What skill or talent do I naturally excel at?

2. When have I felt most confident and capable?

3. How can I use my strengths to overcome a current challenge?

\*\*Activity\*\*: Identify one strength you wish to focus on this week. Write down three ways you can apply it in daily tasks, relationships, or self-care.

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### 3. \*\*Topic\*\*: Managing Fear and Uncertainty

\*\*Objective\*\*: To confront fears with curiosity and transform them into actionable steps.

\*\*Questions\*\*:

1. What is my biggest fear at the moment?

2. What is the worst-case scenario, and how would I handle it?

3. What small step can I take today to reduce this fear’s power?

\*\*Activity\*\*: Create a "Fear Plan": List the fears and pair them with a realistic coping strategy. Imagine handling each situation with strength and poise.

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### 4. \*\*Topic\*\*: Finding Purpose

\*\*Objective\*\*: To deepen understanding of your purpose and where you can find meaning.

\*\*Questions\*\*:

1. What activity makes me lose track of time?

2. What do I feel called to contribute to the world?

3. If I had no limits, what impact would I want to have?

\*\*Activity\*\*: Write a "Purpose Statement" in 1-2 sentences. Use it to guide your choices and reflect on it at the end of the day.

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### 5. \*\*Topic\*\*: Building Emotional Resilience

\*\*Objective\*\*: To acknowledge and accept emotions while building tools for navigating them.

\*\*Questions\*\*:

1. What emotion am I experiencing right now?

2. What thought or belief is driving this emotion?

3. How can I respond to this feeling with compassion?

\*\*Activity\*\*: Practice a "Pause and Breathe" technique: Pause when you notice a strong emotion, take three deep breaths, and label the emotion before responding.

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### 6. \*\*Topic\*\*: Setting Boundaries

\*\*Objective\*\*: To explore areas of your life where boundaries are needed and how to implement them.

\*\*Questions\*\*:

1. Where do I feel drained or overextended?

2. What is one small boundary I can set today?

3. How can I communicate this boundary respectfully?

\*\*Activity\*\*: Role-play the conversation you want to have to set this boundary, either in front of a mirror or with a trusted friend.

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### 7. \*\*Topic\*\*: Self-Compassion

\*\*Objective\*\*: To cultivate a gentler inner voice and foster greater self-acceptance.

\*\*Questions\*\*:

1. What would I say to a friend going through the same experience?

2. What part of myself do I need to be kinder to?

3. How can I practice self-compassion in a small way today?

\*\*Activity\*\*: Write a short letter to yourself, offering words of encouragement and understanding. Read it out loud and notice your response.

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### 8. \*\*Topic\*\*: Future Vision

\*\*Objective\*\*: To envision future possibilities and create a motivational blueprint.

\*\*Questions\*\*:

1. What do I want my life to look like in 5 years?

2. What habits or behaviors will support this vision?

3. What is one small step I can take this week to move closer?

\*\*Activity\*\*: Create a vision board using images, words, or drawings that represent your future life. Place it somewhere visible as a daily reminder of your aspirations.

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### 9. \*\*Topic\*\*: Enhancing Self-Confidence

\*\*Objective\*\*: To identify strengths and experiences that contribute to a strong sense of self.

\*\*Questions\*\*:

1. What recent achievement am I proud of?

2. What have others complimented me on?

3. What would I do differently if I believed 100% in myself?

\*\*Activity\*\*: Create a "Confidence Jar" — write down compliments or accomplishments and add them to the jar. Read them when you need a boost.

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### 10. \*\*Topic\*\*: Moving Through Regret

\*\*Objective\*\*: To reflect on past regrets and transform them into learning opportunities.

\*\*Questions\*\*:

1. What is a choice I wish I’d made differently?

2. What did this experience teach me about myself?

3. How can I use this lesson to make different choices in the future?

\*\*Activity\*\*: Write a letter to your past self, sharing what you’ve learned and expressing forgiveness. Seal it and keep it in a safe place as a reminder of your growth.

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### 11. \*\*Topic\*\*: Exploring Self-Identity

\*\*Objective\*\*: To explore who you are beyond external labels and expectations.

\*\*Questions\*\*:

1. Who am I when I’m not trying to please others?

2. What three words describe my true self?

3. How do I want to show up for myself today?

\*\*Activity\*\*: Spend 10 minutes alone without distractions. Write about how you felt being fully yourself without external influences.

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### 12. \*\*Topic\*\*: Managing Transitions

\*\*Objective\*\*: To navigate changes in life with clarity and intention.

\*\*Questions\*\*:

1. What change am I currently facing?

2. What am I losing, and what am I gaining?

3. What would it look like if I fully embraced this change?

\*\*Activity\*\*: Draw a "Transition Map" — illustrate the old and new stages of your life, noting what bridges you need to cross to reach the next stage.

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### 13. \*\*Topic\*\*: Releasing Expectations

\*\*Objective\*\*: To let go of rigid expectations and open up to new possibilities.

\*\*Questions\*\*:

1. What expectation do I have that is causing tension?

2. How would it feel to release this expectation?

3. What new perspective can I adopt instead?

\*\*Activity\*\*: Write down the expectation on a piece of paper and tear it up. Replace it with a new statement that offers freedom and flexibility.

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### 14. \*\*Topic\*\*: Nurturing Relationships

\*\*Objective\*\*: To cultivate healthier and more meaningful relationships.

\*\*Questions\*\*:

1. What do I value most in my relationships?

2. What is one habit that strengthens my connections?

3. Where can I improve my communication or presence?

\*\*Activity\*\*: Choose one relationship to nurture this week. Plan an intentional gesture or conversation to show appreciation or deepen the connection.