



What is something you are
really good at?



General Questions



What makes you feel proud of
yourself?



General Questions



Can you name three things you
like about yourself?



General Questions



What is something you did
recently that made you feel
happy?



General Questions



What do you enjoy doing in
your free time?



General Questions



What is something you look
forward to?



General Questions



Can you tell me about a time
when you solved a problem on
your own?



Accomplishments



How do you feel when you
finish a difficult task?



Accomplishments



What is something new you
learned recently?

I AM SMART
and love to learn
NEW THINGS



Accomplishments



What is the best compliment
you have ever received about
something you did?



Accomplishments



What is a skill you have
improved on recently?



Accomplishments



Can you share a time when you
surprised yourself with what
you could do?



Accomplishments



Can you share a time when you achieved something you thought was impossible?



Accomplishments



What awards or recognitions have you received that make you proud?



Accomplishments



What is a creative project you have completed that you are proud of?



Accomplishments



How do you measure your success?



Accomplishments



What is a recent accomplishment that made your family or friends proud of you?



Accomplishments



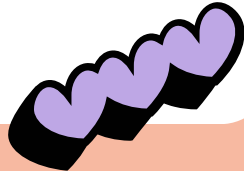
How do you handle it when you achieve something but others don't notice?



Accomplishments



What is a kind thing you did
for someone else?



Personal Strengths



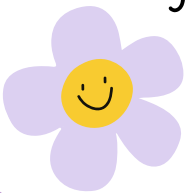
How do you feel when you
help someone?



Personal Strengths



What three words describe
you the best?



Personal Strengths



What are your top three
strengths?



How do you use your
strengths to help others?

Personal Strengths



What do you think your
friends like about you?



Personal Strengths



How do you stay positive when
faced with a challenge?



Personal Strengths



What is a talent you have that others might not know about?



Personal Strengths



What is something kind you have done for a stranger?



Personal Strengths



What personal quality do you value most in yourself?

Personal Strengths



How can you help others see their strengths?



Personal Strengths



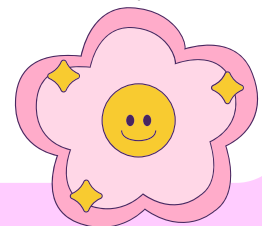
What do you do better than anyone else you know?



Personal Strengths



How do you stay positive even when things are tough?



Personal Strengths



Can you share a time when you
overcame a fear?



Dealing with Challenges



How do you handle it when
things don't go as planned?



Dealing with Challenges



What do you tell yourself
when you face a challenge?



Dealing with Challenges



Who can you go to for
support or comfort when you
need it?



Dealing with Challenges

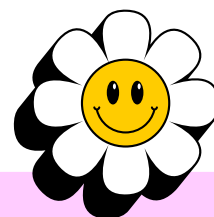


Can you recall a time when you
made a mistake, but after you
thought that it was a good thing
and maybe you learned
something.

Dealing with Challenges



How do you react when you
don't succeed at something?



Dealing with Challenges



What is something you did that was outside of your comfort zone?



Dealing with Challenges



How do you react when you face an unexpected problem?



Dealing with Challenges



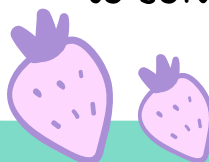
What helps you to stay focused on a task?



Dealing with Challenges



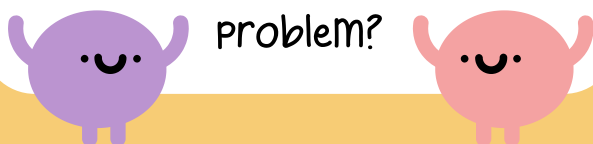
Can you share an example of a time when you asked for help to solve a problem?



Dealing with Challenges



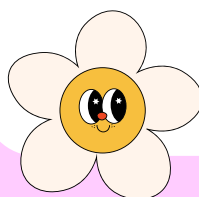
Can you share an example of a time when you helped someone else to solve a problem?



Dealing with Challenges



What can you learn from situations that don't go as planned?



Dealing with Challenges



How do you deal with disappointment or failure?



Dealing with Challenges



What is a recent challenge you faced and how did you overcome it?



Dealing with Challenges



How do you handle it when you feel overwhelmed by a task?



Dealing with Challenges



How do you calm yourself when you are nervous?



Dealing with Challenges



How can you turn a negative thought or situation into a positive one?



Dealing with Challenges



What is something you wish you had done differently in a past challenge?



Dealing with Challenges



What is your favorite thing
about your personality?



Self-Reflection



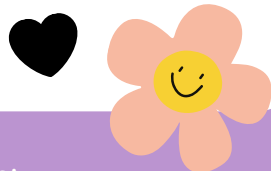
What makes you feel
confident?



Self-Reflection



How do you show kindness to
yourself?



Self-Reflection



What is something you would
like to try but haven't yet?



Self-Reflection

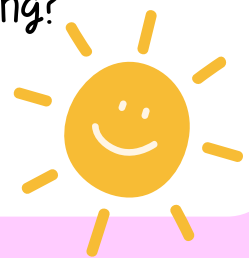


What do you think makes a
good friend?

Self-Reflection



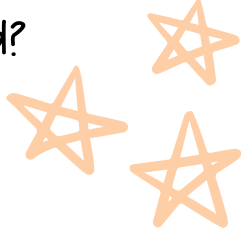
What is a habit you are proud
of having?



Self-Reflection



How do you make others feel good?



Relationships and Social Skills



What do you do to keep your friendships strong?



Relationships and Social Skills



How do you handle disagreements with friends?



Relationships and Social Skills



What is a fun activity you enjoy doing with others?



Relationships and Social Skills



 How do you show appreciation and gratitude to your friends and family?



Relationships and Social Skills

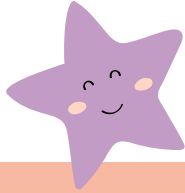


How do you show your friends and family that you care about them?

Relationships and Social Skills



How do you introduce yourself to someone new?



Relationships and Social Skills



How do you handle it when you feel jealous of someone else?



Relationships and Social Skills



How can you express your opinions while still being respectful of others?



Relationships and Social Skills



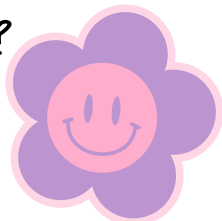
How do you handle it when someone says something that hurts your feelings?



Relationships and Social Skills



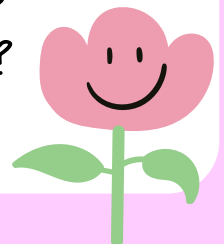
How can you show respect to others?



Relationships and Social Skills



How do you respond when someone gives you a compliment?



Relationships and Social Skills



What are some short-term goals you have set for yourself?



Future Aspirations



What kind of difference do you want to make in the world?



Future Aspirations



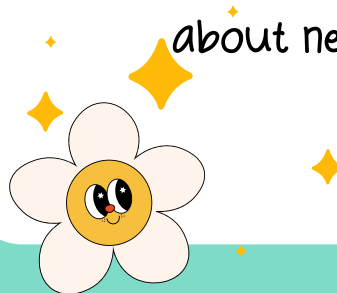
What is a new hobby or activity you would like to try?



Future Aspirations



What are you excited to learn about next?



Future Aspirations



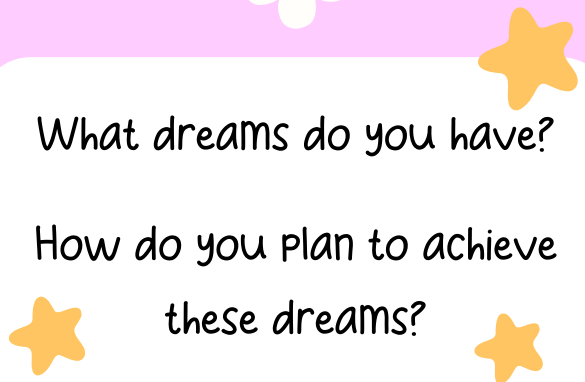
What do you want to be when you grow up and why?



Future Aspirations



What dreams do you have?
How do you plan to achieve these dreams?



Future Aspirations