

PART ONE

FREE QUESTIONS

By Tijana Dulanovic

1. One favourite ingredient....

2. One topic you could write about....

E.g. friendships, my daily routine, feelings.

3. Something that makes you feel good about yourself.....

E.g. music, a delicious meal, cooking, journaling, new clothes, family etc.

4. One healthy habit...

E.g. yoga, a healthy meal, spending time in nature.

5. Someone who inspired you...

E.g. an influencer, a friend, your hairdresser, someone you know.

6. One cause you've supported in the past or support today...

7. One thing you can declutter...

8. One room or part of the house to tidy....

9. One household good you would buy...

10. One thing on your shopping wishlist...

11. One thing you love about yourself...

12. One positive thought you had today...

13. One healthy act...

14. One attribute you love about yourself....

15. One act of self-care...

E.g. face mask, shower, texting a friend.

16. One souvenir you love...

17. One positive memory...

18. One feeling you would love to cultivate...

19. One flaw you are aware of...

20. One book on your bookshelf...

21. One book you would like to read...
