Print double-sided (flip on long edge), then cut along the dashed lines with this side facing up. Don't flip the sheets over if you want to avoid seeing the cards. Printing single-sided? Print only the even-numbered pages.

When do you feel most like yourself?

Reflection

How has your state of mind been recently? Have you had calm and grounded thoughts or anxious thoughts? Why?

Reflection

What desires have you picked up on recently that you didn't have before?

Reflection

What is something you want to do more of? Why haven't you been doing enough of it?

Reflection

Too many desires can make us uneasy and upset. What desires do you think you should let go of for now?

Reflection

When have you felt most in flow and engaged in your work? What were you doing at the time?

Reflection

Are you happy with your amount of screen time?

Reflection

What does growth and progress look like to you?

Reflection

Think of yourself as a character in a story. Where are you currently? What do you need to do next to progress your story?

Reflection

What did you get done this week? What do you want to get done next week?

Reflection

How have you been sleeping lately?

Reflection