

Who is someone you admire deeply, but have never told that you admire them?

If you were given this opportunity, what would you say to them?

Where is a place that provides comfort  
and peace in your life?

How were you introduced to this place?

Talk about your favorite memory from  
this place.

What does *bravery* mean to you?

Who in your life would you consider as brave?

Explain how you practice bravery in your own life. Share any areas where you would like to become braver.

Talk about an “ordinary” moment in your life that felt extraordinary because of the way it made you feel.

Relive that moment and share the details!

What happened, who was present, what about that ordinary moment felt extraordinary? What feelings did you have in that moment?

Fill in the blanks:

“Hi, I’m \_\_\_\_\_  
and I \_\_\_\_\_.”

How do you feel about the way you introduced yourself? Do you believe your introduction is a reflection of what is important in your life? Why or why not?

If you were to change your introduction, what would you change it to? Explain why you would choose that.