

What Matters to You: Purpose, Values, and Joy

Figuring out what makes you tick, what brings you joy, and what values are important to you can really boost your mental health. It also arms you with better ways to handle the everyday stress that comes your way.

QUESTIONS TO HELP YOU DIVE INTO WHAT MATTERS TO YOU

Can you tell me about a time when you felt truly engaged or passionate about something? What was it about that experience that resonated with you?

Have you ever volunteered or helped others in a way that made you feel fulfilled? What did you enjoy about that experience?

Have you ever faced a challenge or obstacle that helped shape your values or beliefs? How did you overcome it?

What do you hope to achieve in the future?

Do you have any role models or mentors in your life who inspire you? What traits do you admire in them?

