

Get to Know Me

Twenty-four original questions for reconnecting with the person inside the roles. Cut out the cards, shuffle, and answer one without grading yourself. Your answer is allowed to change.

LITTLE THINGS What is my favorite color right now - and where would I love to see more of it? 01	LITTLE THINGS What animal have I always loved, and what draws me to it? 02
LITTLE THINGS What song reliably changes my mood? 03	LITTLE THINGS What meal feels comforting because I genuinely enjoy it? 04
LITTLE THINGS What kind of weather makes me feel most like myself? 05	LITTLE THINGS If I could drive any car just for fun, what would I choose? 06

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CURIOSITY & JOY What would my dream vacation look like if no one else's preferences mattered? 07	CURIOSITY & JOY What did I love doing before I became responsible for so much? 08
CURIOSITY & JOY What is something I want to learn simply because it interests me? 09	CURIOSITY & JOY What makes time disappear for me in a good way? 10
CURIOSITY & JOY What would I do with one completely obligation-free afternoon? 11	CURIOSITY & JOY What dream job would I try if success were guaranteed? 12

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IDENTITY Which three words describe me beyond my caregiving roles? 13	IDENTITY What part of me has gotten quieter and wants more room? 14
IDENTITY When do I feel most confident, natural, or unedited? 15	IDENTITY What have I changed my mind about in the last few years? 16
IDENTITY What am I proud of that has nothing to do with productivity? 17	IDENTITY What do I want people to understand about me without my having to perform for it? 18

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VALUES & STRENGTHS What value do I want guiding my life this season? 19	VALUES & STRENGTHS What strength has carried me through a hard season? 20
VALUES & STRENGTHS What compliment is difficult for me to accept but may be true? 21	VALUES & STRENGTHS What boundary would protect more of who I am? 22
VALUES & STRENGTHS What does 'enough' look like for me - not for everyone else? 23	VALUES & STRENGTHS What is one small way I can choose myself this week without abandoning anyone? 24