

Morning, afternoon or night — when do you feel most energetic? Why?

Give the person to the right of you a compliment.

Are you a night owl or an early bird?

What song is your #1 mood booster?

Should employees get mental health days, and what would you do with yours?

Share your favorite self-care activity such as playing pickleball, getting your favorite drink at Starbucks, eating your favorite comfort food, going shopping, going on a walk with your pet, REST, etc.

Is there a page on the internet, that you go to on a bad day that gives you life? What about that page feels healing for you?

Who's your #1 supporter?

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Where do you find joy?

How would you spend your
dream day off?

What makes you cringe?

Unpopular Opinion:
Bubble baths are
overrated.
Yes or no?

How easy is it for you to
open up to others?

Talk about a time in your
life when you thought, "I
wouldn't want to be
anywhere else other than
here in this moment."

What's your favorite thing
about yourself?

Beach or mountains?

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What do you do when you
need to feel most like
yourself?

When was your last “movie
moment” (an experience
that made you feel like the
“Main Character”)

What’s the best advice
you’ve ever received?

Would you rather travel in
the past to meet your
ancestors or travel in the
future to meet your
children? And what would
you do?

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