



Tell Your **TRUTH**  
(from Card #23)

What is a difficult experience you have come through stronger? What happened?

What are ways you sometimes act phony? When and why do you do it?

What secrets do you keep that hold you back in life?

What are you most afraid of?

When you feel alone, what do you do?

What makes it feel safe for you to be honest?

What makes you feel powerful?

What are ways you're different from your friends and family?

What was the last thing you lied about?

If you were to write a novel, what would it be about?

If you had your own TV network, what kinds of stories would you tell?

If you were all-powerful, what one change would you enact in the world?

When you feel sad, what cheers you up?

What about yourself makes you feel proud?

If you could trade lives with somebody you know, who would it be?  
What do you like about his/her life?



Know You're **VALUABLE**  
(from Card #28)

What is the most amazing thing about you?

What do your choice of friends or boyfriend/girlfriend say about how you value yourself?

What do your choices about how you spend your time say about how you value yourself?

What are ways your peers don't value themselves? What is the impact on you?

What do you value about yourself that it feels like others haven't appreciated in the past?

What has trying to be "perfect" cost you?

What is the best acknowledgment you have received?

Who do you try to impress and why?

What are the ways you treat yourself that reflect you believe you matter?

What do you consider your greatest accomplishments?

What do you do each day to reflect that you respect yourself?

What or who in your life helps to remind you of your value?



Follow Your **PASSIONS**  
(from Card #33)

What inspires you most in the world?

What goals do you have for your life/family/education?

What is one talent you have that you also enjoy?

Who do you admire as a leader? What about this person inspires you?

What would you talk about if you were invited to speak on a popular TV talk show?

What does the word "success" mean to you? Do you consider yourself successful?

What is your dream job?

What do you feel strongly enough about to protest it as an activist?

What is your favorite way to spend a Saturday?

What are you passionate about that your friends or family don't support?  
What is the impact on you?

What are ways you can build a better support network for your passions?



Trust Your **GUT**  
(from Card #38)

What happens in your gut when you feel scared?

What happens in your gut when you feel nervous?

What happens in your gut when you feel excited?

What is the biggest error in judgment you have made in the past?  
What did you learn about yourself?

What was a time when you chose to trust someone and were wrong about the person?  
What did your gut tell you about him or her?

What is an important decision or choice you made but wish you had done differently?

What are ways you make your feelings known when you disagree  
with someone important to you?

What helps you make positive choices?

What is the usual outcome of decisions you make while under pressure?

What makes trusting your gut sometimes difficult?

What is an example in your life of making the same choice over and over again  
even though you keep getting hurt?

What do you trust about your gut feelings?



Set **BOUNDARIES**  
(from Card #43)

What's important to you?  
What boundaries are you willing to set to achieve what matters to you?

What beliefs or values do you live by each day?

In what situations, or which relationships, do you struggle with keeping boundaries?

What are ways you can maintain your self-respecting boundaries when you're with friends, family or boyfriend/girlfriend?

When in your life did you say "yes" even though you really wanted to say "no" instead?

What feels in balance versus out of balance about your life right now?

Where have you gone past a boundary that you need to re-set?

What are ways you need to take care of yourself better so don't you H.A.L.T  
(get too: hungry, angry, lonely, tired)?

What do you need to stop doing that is causing you too much stress or making you "hate" life?

What are common situations in which you find yourself feeling resentful towards others?  
How are your boundaries—or lack of boundaries—connected to these feelings of anger?

What are ways you take care of yourself each day to reach your goals?



Be **COMPASSIONATE**  
(from Card #48)

What are the best ways to show someone you care about him or her?

What is the kindest thing a friend has ever done for you?

What are ways you need to be more compassionate with yourself?

When have you needed compassion and not gotten it? What was the impact?

What is the most generous help you have ever received in life?

What is the difference between being compassionate and feeling sorry for someone?

Do you think it is more important to have self-respect or to respect others? Why?

Who in your life practices being compassionate toward others? How do they do it?

Are there people or situations that you cannot be compassionate towards? Why?

What makes you judge people versus get curious about them?



**Get HELP**  
(from Card #53)

What are the biggest challenges you are facing in life today?

Who do you turn to for advice you can trust?

What is the best support you ever received? How did it impact you?

Who did you turn to the last time you had a major problem? Why did you choose that person?

What is the impact when you don't ask for the help you need?

What does it feel like to help someone else?

What are the best ways to ask someone for help?

What can you do if someone you ask for help says "no" or is unresponsive?

Who do you know that never asks for help? What do you think makes them not ask?

What are ways you can know that the help someone is offering is healthy and safe?



Have **COURAGE**  
(from Card #58)

What failures have you experienced? What was that like?  
What did you learn about yourself or others?

What do you say to comfort yourself when you are afraid?

What big dreams/goals do you want to achieve that also scare you?

What's something that you've wanted to say but never had the courage to say?

What is one of your proudest accomplishments?  
What obstacles did you overcome to achieve it?

What does courage mean to you?

What are you most afraid of not accomplishing in life?

What are reasons you might be afraid or uncomfortable to be alone?

What makes you feel that you are brave—or not?

What talent would you most like to possess? What would you do with this talent?

What choices have you made that required courage?

What choices do you know you need to make to be more self-respecting  
that will require courage?





## Reflect on quotes

(from Card #'s 59-66)

Ask: What does this quote mean to you? Do you agree or disagree with the author? Why?

“All truth passes through three stages. First it is ridiculed, second, it is violently opposed, and third, it is accepted as self-evident.” by Arthur Schopenhauer

“Yawns are not the only infectious things out there besides germs. Giggles can spread from person to person. So can blushing. But maybe the most powerful infectious thing is the act of speaking the truth.” by Vera Nazarian

“If you celebrate your differentness, the world will, too. It believes exactly what you tell it—through the words you use to describe yourself, the actions you take to care for yourself, and the choices you make to express yourself. Tell the world you are a one-of-a-kind creation who came here to experience wonder and spread joy. Expect to be accommodated.”  
by Victoria Moran

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”  
by Elisabeth Kubler-Ross

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.” by Harvey Fierstein

“The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak, the divine floods of light and life no longer flow into our souls.” by Elizabeth Cady Stanton

“A choir is made up of many voices, including yours and mine. If one by one all go silent then all that will be left are the soloists. Don't let a loud few determine the nature of the sound. It makes for poor harmony and diminishes the song.” by Vera Nazarian



"Learn to get in touch with the silence within yourself, and know that everything in this life has a purpose. There are no mistakes. No coincidences. All events are blessings given to us to learn from." by Elisabeth Kübler-Ross

"Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." by Dr. Martin Luther King, Jr.

"If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality." by Bishop Desmond Tutu

"If we could look into each other's hearts and understand the unique challenges each of us faces, I think we would treat each other much more gently, with more love, patience, tolerance, and care." by Marion J. Ashton

"If you have trouble loving yourself, imagine that everyone in the world is a hungry soul whose life has been imperfect. Like you, they had imperfect parents. Like you, tragedies and difficulties befell them. If you could hear each person's story, you would probably be moved to tears and want to reach out and embrace that person. You would want to tell them that in spite of everything they've gone through, they have great value." by Daphne Rose Kingma

"If you want to go quickly; go alone. If you want to go far; go together." African proverb

"When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending." by Thich Nhat Hahn

"We must see all scars as beauty. Okay? This will be our secret. Because take it from me, a scar does not form on the dying. A scar means, 'I survived'." by Chris Cleave



“One isn’t necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. Without courage, we can’t be kind, true, merciful, generous, or honest.” by Maya Angelou

"To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." by Nelson Mandela

And in my own life, in my own small way, I've tried to give back to this country that has given me so much. That's why I left a job at a law firm for a career in public service, working to empower young people to volunteer in their communities. Because I believe that each of us - no matter what our age or background or walk of life - each of us has something to contribute to the life of this nation.” by Michelle Obama

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” by Maya Angelou

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” by Dalai Lama

“Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into hope for the future.”  
by Nelson Mandela

“Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom.” by Rumi

“In nature we never see anything isolated, but everything in connection with something else which is before it, beside it, under it and over it.” by Johann Wolfgang von Goethe

“We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.” by Cesar Chavez