

# Self-Care Questions

What did you enjoy when you were a kid?

What are your hobbies?

What do you like to do inside?

What do you enjoy outdoors?

What do you like to do when you're alone?

What do you like to do when you're around others?

What sounds help you relax?

What smells help you relax?

What sights help you relax?

What tastes help you relax?

What textures/fabrics help you relax?