



Paws TO PONDER

Name _____ Date _____

1. If you could be anywhere else today, where would you be?
2. Rate your happiness on a scale of 1-10
3. Rate your stress level on a scale of 1-10
4. List 3 things that make you happy.
5. What situation are you facing right now that you wish you could wake up and it would be gone?
6. What are some personal goals you have that always seem just out of your reach?
7. What words of wisdom would you pass on to your childhood self?
8. What is something that makes you unique. Are you proud of it?
9. What is the hardest part of your typical day?
10. What 3 words do you think most describe you?