Can you tell me about a time you felt proud of yourself?

Was there a time you expected something to be difficult, but it ended up being easier than expected?

What did you learn from that?

What are some things you enjoy doing?

Can you tell me about a time you did something challenging?

How did you feel after it was over?
When was a time you felt strong?

What makes you feel safe and secure?

What makes you feel encouraged?

What do you think your biggest talent is?
What is something you like doing?
Tell me why you are good at it.

Was there a time you felt special?
Tell me about that time.

What part of yourself do you love the most?

Can you tell me about a time you felt confident?