



**BECAUSE OUR DIFFERENCES
WERE MADE TO UNITE US**

Mental Health/Exercise Questions

1. What is one professional skill you are currently working on?
2. What is your go to productivity trick?
3. How do you prefer to start your day?
4. How do you prefer to end your day?
5. What emotional area would you like to improve upon and why?
6. What do you do when you need encouragement and inspiration?
7. What energizes you at work?
8. What drains you at work?
9. If you could snap your fingers and become an expert in something, what would it be?
(This can give you an idea on what to listen to while puzzling.)
10. What drains you outside of work?
11. What energizes you outside of work?
12. What is one thing you are learning now and why is it important?
13. What's your favorite way to unwind after a busy day?
14. What's one thing you want to improve about yourself?
15. Who is your favorite motivational speaker and why?
16. What is your favorite personal development book/audiobook and why?

17. What is your favorite motivational movie and why?
18. How do you deal with moments of anxiety?
19. How do you deal with moments of sadness and depression?
20. How does mental health differ for you as an introvert or extrovert?
21. How can you allow yourself to be more emotionally vulnerable? Do you think doing this would be helpful? Why or why not?