

**What has helped me to feel able to take a risk?**

**When have I been most energised since becoming involved in My Home Life?**

**What helps me to express myself in a way that is considerate of others?**

**In work, what feelings do I welcome and what feelings do I struggle with?**

**With whom do I feel heard?**

**What would I like to let go of today?**

**What question is  
begging to be  
asked?**

**Who would I like to  
hear more from?**

**What alternative  
views might I like to  
express in future?**

**What difference has  
it made to tell  
others how I'm  
feeling?**

**Who brings out the  
best in me?**

**What promises feel  
possible today?**

**What story is  
longing to be told?**

**What assumptions  
or contradictions  
have come to light  
since being involved  
in My Home Life?**

**What mistakes  
would I like to  
celebrate?**

**What do I value?  
What do I do well?**

**What actions/ideas  
from My Home Life  
would I like to build  
on?**

**What new idea  
would I like to bring  
forward in to the  
future?**

