





How do you
calm your mind
before bed?





What does
feeling healthy
mean to you?





Have you ever
been surprised
by your own
resilience?





How do you
make time for
yourself?





What are you
most grateful
for when it
comes to your
health?





How do you
stay focused
on your health
goals?





What's one
thing about
your health
you've never
told anyone?





Who has
influenced your
health journey
the most?





Who do you
talk to about
health?





What
activities boost
your mental
or physical
health?





What health
tips do you
often share
with others?





How does
talking openly
support your
health?





When did you
first open up
about a health
issue?





Who do you
help to stay
healthy?





Who in your
life inspires you
to take care of
your health?





Have you ever
bonded with
someone over
a shared health
experience?





Who do you
lean on when
things get
tough?





Who helps you
stick to your
healthy habits?





What surprising
health fact has
changed your
habits?





What health
lesson from
childhood still
guides you
today?





What motivates
you to stay
healthy?





How has your
understanding
of health
evolved over
time?





What does
self-care look
like for you?





What's your
favourite way
to relax and
unwind?





How do you
check in on
your mental
health?





What's a unique
thing you do to
feel better?





What's a
healthy habit
that makes you
feel your best?





How do you
balance staying
active with
resting your
body?





What is your
sleep routine?





What small
habit has
made a big
difference?





What's a
healthy habit
you're most
proud of?





What do you
do to help
boost your
energy?





What's
one health
choice you're
proud of?





What does a
good day for
your health
look like?





How do you
know when
something
feels off in
your body?





What's a small
act of kindness
you've shown
your body
recently?





How do you
know when
you need to
take a break
and slow
down?





Is there a
health tip you
once ignored
but now
follow?





When did
you overcome
a health
challenge —
and what did
it teach you?





How do you
bring nature
into your daily
routine?





How does
where you live
support your
health and
wellbeing?





How do you
use technology
to impact your
health?





What would
you tell your
younger self
about health?





What health
goal are you
working on
now?





What does
balance look
like in your life?





How do you
stay informed
about health
and wellness?





What's a small
change you've
made that's
positively
impacted your
health?





What helps
boost your
mood in your
environment?





How do you
balance your
relationship
with
technology?





Where in the
world do you
feel healthiest?



