

HANNAH ROEDIGER
CREATING SUPERHEROES IN HUMAN SKIN

How To Use The Questions:

Grab a Journal and a Pen.

Go to a place where you can self-reflect and answer the questions without any interruption or distraction.

Write down your biggest "AHA-moments" on a seperate post-it and put them somewhere to remind yourself more often.

Let your answers to the questions empower and inspire you to take action and build a future that is more true to you.

Reach out to me if you would like support, guidance, and help.

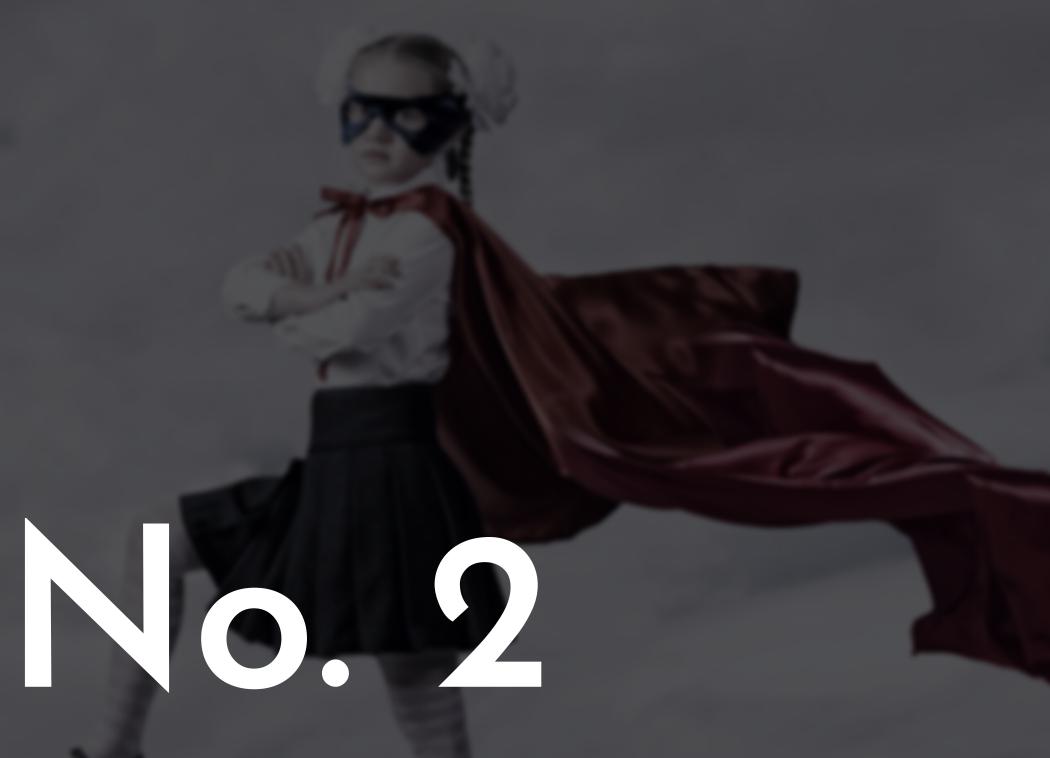
Cheers to You, my Superhero Friend.

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What new insight did I notice about myself, my behavior, and my emotions in the last several weeks?

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What new drills or routines did I start due to COVID-19 that I want to keep for the future?

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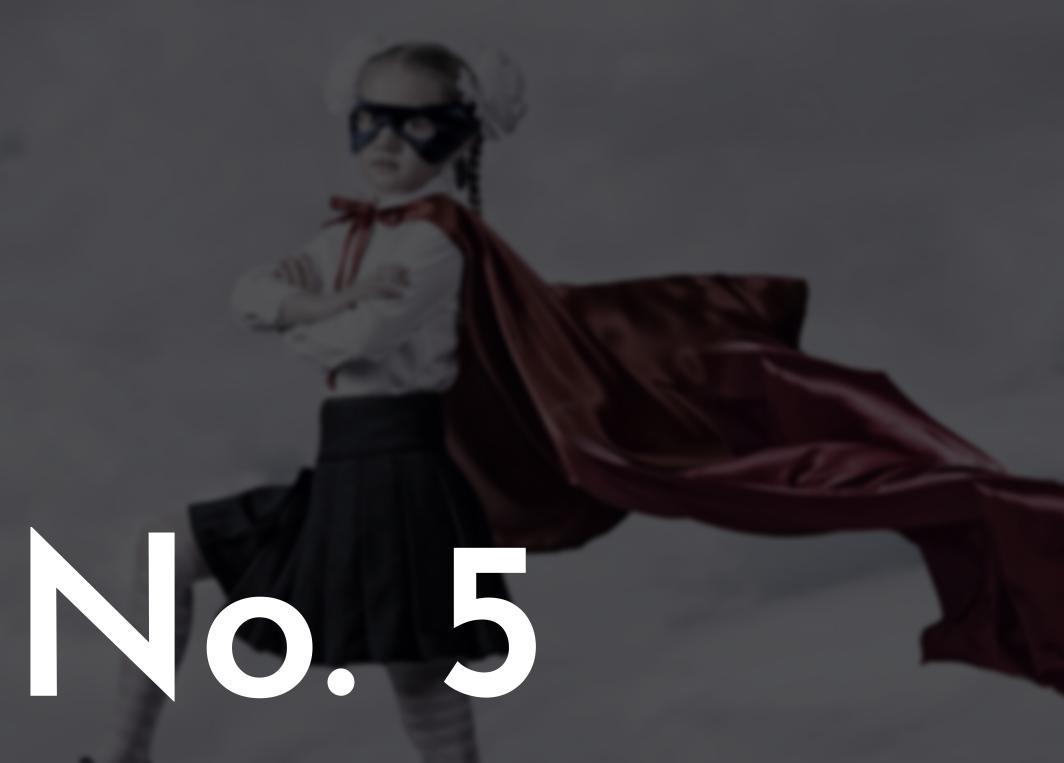
Before COVID-19, were there any areas of my life that were stressful or draining energetically that I do NOT want to reengage in the future?

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What difficult truths would I have to admit to myself that came up due to the pandemic?

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Who do I want to become as a person in the future and what do I want to stand for?

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Are there any areas of my life where I am lacking clarity and if so, why?

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What do I value most in life right now, and how can I demonstrate even more gratitude for those blessings?

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If I had to explain what made me successful at handling uncertainty and crisis, what would I say?

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If I could be an even better role model for someone, who would that be for and what would I improve?

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If I could influence more people to support my goals, what would I explicitly ask for?

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If I were to become more committed to my optimal health, what would I start doing? And stop doing?

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How could I re-engage each day's activities in a NEW way so I feel better, less stressed, and more fulfilled?

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