

6.

WOULD I
WANT THIS
FOR A
LOVED ONE?

5.

DO I FEEL
GOOD ABOUT
MYSELF
IN THIS?

4.

AM I
DELIGHTED
BY IT?

3.

WILL I BE
VALUED &
TREATED
WELL?

you can
make
choices
that show
yourself
love.

BY KIND STRANGERS
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do I
want
this?

QUESTIONS FOR WHEN
YOU'RE UNSURE

1.

DOES IT
FEEL GOOD?

2.

IS IT
BRINGING
ME TOWARD
THE LIFE
I WANT?