

# THE LANGUAGES & SUGGESTED ACTIVITIES

Created by Stephen Garrett, MA



## Questions to Ask:

- What do you like to do in your spare time?
- Do you have any hobbies?
- Do you consider yourself to be a creative person?
- What does your spiritual practice look like?
- Do you enjoy the outdoors/being in nature?
- What does your self care look like?
- What do you and your friends like to do for fun?
- What do your Friday nights look like?
- How often do you like to read/write?

Designed by Haley Jane & Jade Mathiscyk