



EQUITABLE

Discussion Cards

Sometimes it can be hard to speak about the things that matter, particularly when life feels uncertain. Use these 26 questions to spark reflection on what's important and what's changing in your life.

Here's how:

- 1.** Read each question and think about how it may apply to you at this moment. Feel free to do this alone or with those who matter the most to you.
- 2.** If you're doing this with a partner, take some time to discuss each question. If you're on your own, think through each question and capture any thoughts that really inspire you.
- 3.** Consider if your answers could lead to a set of agreements or habits that could help you manage this changing time.

- Are you giving enough of your time to the people you value most in your life? How can you change that?
- How are you currently prioritizing your time and energy? What would you like to change?
- How can you give back to your family and friends?
- Are you getting enough time with family/friends?
- How can you promote more wellness for yourself?
- How have your financial considerations shifted?
- How would you define a good “day in the life” in this time of social distancing? How can you make that happen?
- Imagine yourself months from now, post-social distancing. Looking back, what would make you say, “That was time well spent”?
- What are you spending time on that you don’t think is worthwhile? How could you think differently about that?
- Are you doing enough to care for your mental wellness? If not, what would it take?
- Are you getting enough “me time”? If not, how could you?
- What is one small act of kindness you can show someone?
- What is something good you have experienced recently?
- Which of your daily habits are serving you best? Which daily habits are worth breaking?
- They say you learn something new every day. What did you learn yesterday?
- How could you change someone’s life for the better today?
- What will you never give up on?
- What would you do differently if you knew nobody would judge you?
- What’s the best part of being you?
- In this current moment, how would you define your purpose in life? Are you spending as much time on your purpose as you would like?
- Who is the one person you can talk to about anything?
- What is your biggest financial fear right now? What could you do to alleviate it?
- What is the best financial advice you have ever received? How can you apply it in this moment?
- What parts of your life feel most on hold? Are there actions you can take to get them moving?
- What would you like to get financial advice about?
- What is something positive you can share with others?





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How can you promote more wellness for yourself?



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How have your financial considerations shifted?



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