

#01

**What is unique  
about you?**

#COPING KIT

GURLS TALK

#02

**What have you  
learned about  
yourself during  
lockdown?**

#COPING KIT

GIRLS TALK

#03

**What hopes do  
you have for the  
world right now?**

#COPING KIT

GIRLS TALK



#04

**What are you  
hoping to achieve  
in 2020?**

#COPING KIT

GIRLS TALK

#05

**What are  
you most  
grateful for?**

#COPING KIT

GIRLS TALK

#06

**What's the best  
thing to happen  
to you this year?**

#COPING KIT

GIRLS TALK



#07

**What can I  
do to help you  
right now?**

#COPING KIT

GIRLS TALK

#08

**Who do you  
follow on social  
media that makes  
you feel positive?**

#COPING KIT

GIRLS TALK



#09

**What are the  
three things  
that make  
you happiest?**

#COPING KIT

GIRLS TALK

#10

**If you could speak  
face-to-face  
with anyone right  
now, who would  
it be and why?**

#COPING KIT

GIRLS TALK



#11

**Has being  
on lockdown  
made you want  
to reconnect  
with anyone?**

#COPING KIT

GIRLS TALK



#12

**What's the  
best piece of  
advice you've  
ever received?**

#COPING KIT

GIRLS TALK

#13

**What brings  
you joy?**

#COPING KIT

GIRLS TALK

#14

**Picture this:  
You're about to  
walk out of  
lockdown. What  
song is playing?**

#COPING KIT

GIRLS TALK



#15

**What's something  
you don't do  
enough that  
you'd like to do  
more often?**

#COPING KIT

GIRLS TALK

#16

**What could  
you talk about  
for hours?**

#COPING KIT

GIRLS TALK

#17

**What's something  
you've done that  
you think everyone  
else should try?**

#COPING KIT

GIRLS TALK



#18

**What would your  
friends and family  
say you're good at?**

#COPING KIT

GIRLS TALK

#19

**What's been  
troubling  
you lately?**

#COPING KIT

GIRLS TALK



#20

**What is one  
part of your daily  
routine that  
you'd be better  
off without?**

#COPING KIT

GIRLS TALK



#21

**What is one  
thing that you'd  
love to add to your  
daily routine?**

#COPING KIT

GIRLS TALK

#22

**What would you  
try if you knew you  
wouldn't fail?**

#COPING KIT

GIRLS TALK



#23

**What question  
do you wish  
people would ask  
you when they  
first meet you?**

#COPING KIT

GIRLS TALK



#24

**If you could write  
a letter to your  
post-lockdown  
self - what  
would it say?**

#COPING KIT

GIRLS TALK

#25

**How comfortable  
are you with  
your emotions,  
has this time  
changed that?**

#COPING KIT

GIRLS TALK

#16

**What do you  
think your purpose  
is in the world?**

#COPING KIT

GIRLS TALK