Card 1

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I'd rather have the power to...
A. Fall asleep whenever I want
B. Solve any maths equation in my head
C. Read the emotions of others

I'm stuck on a long coach trip, sitting next to a stranger. If they start making small talk with me, I'd rather it be about...
A. TV shows
B. Sports
C. Current affairs

Which would take me further outside my comfort zone?
A. Taking an improv class
B. Going on a silent retreat for the weekend
C. Eating in a restaurant by myself

If I wanted to talk about my mental health with someone, I'd rather have that conversation...
A. Over text
B. Over a phone call
C. In person

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Card 2

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Which small gesture do I do more often?
A. Tell people I love them
B. Tell people I'm proud of them
C. Tell people I miss them

Given only one week, which do I feel more confident I could learn to do?
A. Solve a Rubik's cube
B. Train a poorly behaved dog
C. Master a Fortnite dance

I'm more likely to get nervous when I...
A. Go places I've never gone before
B. Do things I've never done before
C. Meet people I've never met before

Over the past few years, I've found that the people around me...
A. Are more comfortable discussing mental health
B. Are less comfortable discussing mental health
C. Are as comfortable talking about mental health as they ever were

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Card 3

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If I could have one wish, which would it be?
A. To always have positive dreams
B. To see the best in every situation
C. To never get embarrassed

I think a stranger would learn more about me if they read...
A. A diary of my dreams
B. A diary of my nightmares
C. My calendar

Which is more likely to keep me up at night?
A. A mistake made
B. An argument unresolved
C. An opportunity missed

Where would I like to see the biggest change in how mental health is discussed?
A. In the news
B. In workplaces
C. In schools

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Card 4

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Which small thing do I find most satisfying?
A. Admiring a beautiful piece of art
B. Digging my feet into warm sand
C. Tearing the crust off a fresh baguette

Which is my more spy-worthy quality?
A. My instinctive curiosity
B. My powers of observation
C. My ability to adjust to any circumstance

Which would I say has had more of an impact on me?
A. The shows I've watched
B. The books I've read
C. The places I've visited

When it comes to mental health, I feel more at home...
A. Taking care of my own mental health
B. Talking to other people about mental health
C. I feel comfortable doing both

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