

Questions that Build a Resilient Community



- **What is important for me to know about you so I can best support you?**
- **What is the question you'd most like me to ask you right now?**
- **What are you most enjoying right now? Why?**
- **What is most challenging for you right now? Why?**
- **What are your hopes and fears? What helps you to stay hopeful?**
- **What gives you energy? What depletes it? How might you create space and time for what gives you energy?**
- **What do you want your community to most look like?**
- **Draw an emoji that represents how you are doing. No need to explain it.**
- **What kind of weather system symbolizes how you're feeling today?**
- **On a scale of 1-10, how anxious (or sad) are you feeling right now?**
- **Aside from having a vaccine or cure for Covid-19, what's one wish you have right now?**
- **In five years from now, how will you remember yourself during this time?**

