

1. When the news – personal or general is bad or worrying, do you have a way of helping yourself in how you think more positively, who you turn to? What diversionary moves do you make?
2. Family histories are usually intriguing and fascinating. In whatever you know of yours, does it help to understand the variety of human strengths and frailties in you now or in others.
3. Did you vote in the General Election? It's difficult to decide sometimes when different political parties espouse some causes we agree with and some we don't. Not all politicians are in it for themselves despite popular opinion. It is important to work for what is right, to ask questions and make choices. What do you think?
4. Have you chosen to deliberately do something extra to help our planet? It's God's creation.
5. How do you think about sport? Do you appreciate seasons of football, tennis, cricket, snooker etc? Do you record TV programmes to watch when there's nothing on that attracts you?
6. Can you identify the main things/people that have helped in your life of faith?
7. What are your favourite pastimes, hobbies, things you do to unwind, to enjoy?

Thank you.