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WHO KNOWS YOU?



time to change
**time to
talk day**
06/02/20



Would I rather have the power to...

- A. Teleport
- B. Shapeshift



How far would I read the story of my own life?

- A. All the way to the end
- B. Up to the present
- C. I wouldn't read any of it



If I had a window to see into the mind, I'd most want to look into...

- A. My own mind
- B. A loved one's mind
- C. Someone else's mind



How would I be most likely to start a conversation about mental health?

- A. Calling a friend to check in
- B. Sharing something on social media
- C. Chatting with someone over a coffee

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Would I rather own...

- A. A rubber that erases real things
- B. A quill that brings my drawings to life



On treasure hunts, I'd prefer working...

- A. In large groups
- B. In pairs
- C. Alone



Would I want to know everything that has ever been said about me?

- A. Yes
- B. No, I'd rather be oblivious
- C. No, but I have a pretty good idea



Which would I be most comfortable discussing with my closest friends?

- A. My personal finances
- B. My mental health
- C. My family issues

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Would I rather have the power to...

- A. See 5 minutes into the future
- B. Turn time back by 5 minutes



What would I like most about a trek across a glacier?

- A. The isolation
- B. The sights
- C. The end



Which do I believe is more dominant in me?

- A. Self-belief
- B. Self-control
- C. Self-doubt



What would I do if a friend was experiencing a mental health problem?

- A. Listen without judging
- B. Offer them some advice
- C. Help them with any tasks they're struggling to do

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Would I rather explore...

- A. Space
- B. The deep sea



The ability to fly would mostly make me feel...

- A. Free
- B. Nervous
- C. Powerful



If I could travel through time, I'd go back to a specific...

- A. Place
- B. Period
- C. Person



Which do I think holds more people back from discussing mental health?

- A. Waiting for the perfect moment
- B. Worrying they won't say the right thing
- C. Feeling awkward

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