

Way To Play!

Like the other mind challenges, you need to defend your position on the question given and your response. You gain a point if the other player approves of your response.

Otherwise, see how well you can respond to these questions mentally. Surprise yourself! Enjoy!

Please be advised that the Statements made on this website have not been formally reviewed by the Food and Drug Administration not the Center for Disease Control.

Enjoy!

Mind Challenge #15- For Yourself Just Because Who Else Will....

Begin here:

1. How do you pamper yourself?
2. When was the last time you did what you wanted to do without the influence of others that was within legal statutes?
3. In your opinion, how do you contribute to yourself?
4. What is self-care in your perception (not what the books say about this subject)?
5. What, in your opinion, is empathy for another's misfortune?
6. Why would you not help another find their value in some way?
7. Despite any objections, what would you secretly like to achieve at this point in time (we understand the reality and the sentiment attached....take your time on this one)?
8. What are you doing on a daily basis that makes you matter to yourself?
9. Who else considers you other than you?
10. What action or event would help you to matter to others?
11. Who matters to you in terms of truth and care?
12. To whom do you matter in terms of truth and actual caring?
13. What is the least costly way to matter to yourself?
14. Why have you not done something for yourself today when it can begin?
15. Have you taken time for yourself in the past hour?