

**"Instead of asking "what's the matter with you?",
ask patients "what matters to you?"**

-Sir Sam Everington, OBE, Founding Social Prescribing Doctor



10 QUESTIONS TO HELP PEOPLE UNCOVER WHAT MATTERS TO THEM

1. Tell me about the last time you experienced "a small moment that made you feel more calm, joyful, and grateful".
2. Tell me about the last time you felt "in the presence of something vast that transcended your current understanding of the world"?
3. Tell me about the last time you were "completely absorbed in an experience".
4. Tell me about the last time you felt "extremely present" in a moment.
5. If you had two more hours in your week, what would you spend it doing?
6. When you were a child, what activity could you spend endless amounts of time doing without getting bored?
7. What "activates" you?
8. What do you do to look after yourself?
9. What makes you light up when you talk about it?
10. What makes you feel like the healthiest version of yourself?

**Learn more & add your own questions at
www.socialprescribing.co**