

Are there any lines that you simply will not cross?

Are you making the world a better place?

Are you more like your mother or father? Or are you more like someone else??

As a kid, what job did you dream you would have as an adult?

Come up with a mathematical formula to express something you know/believe. (Example: Beach +coffee= happiness)

Complete the thought...."Today I hope....."

Complete this thought, "Someone really needs to design a better..."

Complete this thought," I wish an alarm would notify me whenever..."

Complete this thought:"I would never...."

Complete this thought...."I wish I had paid more attention when..."

Describe a "first day" in your life.

Describe a time you cared for someone who was sick or when someone cared for you.

Describe a way a friend supported you when you needed it.

Describe in a creative way, how you feel when you have a head cold.

Describe in detail one item that you would love to inherit from a relative.

Describe one odd item that you have in your purse or wallet right now.

Describe one summer adventure from when you were a child.

Describe something you do not know that you wish you did.

Describe the memories with a piece of furniture from your childhood home.

Describe the most beautiful sound you have ever heard.

Describe the most recent dream you can remember.

Describe your favorite article of clothing.

Describe your ultimate sandwich.

Do you absolutely hate any food that other people usually like?

Do you consider yourself an introvert or extrovert? How does this compare to how others see you?

Do you do good things when no one is watching?

Do you have any dreams that recur? Why do you think you continue to have that dream?

Do you have anyone in your life that has acted as a mentor to you? Have you ever helped someone else out in this way?

Do you like your name? Do you feel it suits you? If you could change your name, would you? What would you change it to?

Do you prefer electronic books or paper books? Why?

Do you prefer taking risks or having a safety net?

Do you think table manners are important?

Does religion play an important role in your life? Why or why not?

Have you done any research into your ancestors? What interesting surprises have you discovered?

Have you ever been attacked by an animal?

Have you ever been significantly more or less physically fit than you are today? What was easier about that? what was harder? Did others treat you any differently?

Have you ever cheated on anything? Do you regret it?

Have you ever experienced something that just could not be logically explained?

Have you ever had anyone express emotion in an over-the-top way?

Have you ever had something stolen from you?

Have you ever had the rotten experience of having to put a pet down?

Have you ever made a friend online?

Have you ever snooped at someone's things?

Have you ever spoken up when you saw something going on that was wrong? Were you scared? What ended up happening?

Have you ever taken a huge risk? What was it and was it worth it?

How do you act when you are afraid?

How do you react when someone compliments you?

How do you soothe yourself when you are upset?

How do you strive to be similar to, or different from, your parents?

If and when you become Supreme Ruler of the World, who will be your top advisor?

If this week had a theme to it, what would yours be?

If you could be the best in the world at something, what would it be?

If you could build your own vacation resort, what is one attraction you would definitely include?

If you could change one personality trait about yourself, would you?  
Which one?

If you could go back in time exactly 10 years and give yourself some advice, what would you tell yourself?

If you could have one talent that you do not naturally have, what would it be?

If you could live to see any event in the future, what event would that be?

If you could pack up and leave on vacation today, where would you be off to?

If you could spend a day living the adventures of any cartoon character, which one would you choose?

If you could visit anyone on the planet right now, who would you go see?

If you could win a lifetime supply of anything you choose, what would it be?

If you had “do over” button, what one event in your life would you like to have a second chance at?

If you had a child who had done something very wrong such as stealing, how would you punish them?

If you had a pet parrot, what would you teach it to say?

If you had been able to choose, would you rather be an only child or part of a large family?

If you had lived hundreds of years ago, what kind of work do you think you would have done? What job would you have wanted to do?

If you had unlimited time and money, what would you do to help your family? What about strangers?

If you were a book in which section of the library would you be shelved? Which genre are you most drawn to?

If you were to teach a career what would you teach?

If you woke up tomorrow and discovered that everything in life was now free, what is the first thing you would do?

If your house was on fire, what would you grab before escaping?

Imagine you are a news anchor. Write the beginning of tonight's newscast. Make the top story what you truly think could happen today, or what you wish would happen today.

Imagine you are planning a trip across the continent on which you live. Assuming you have unlimited time, resources, and energy, what will be your mode of transportation?

In what way are you strong?

In what way do you not fit in with the family you grew up with?

In what ways are you selfish?

Is there a mistake you keep making repeatedly in your life. Explain

It has been said that it is the little things that make life worth living. Describe some of those little things.

It has been said: "You are what you eat." Rewrite that phrase: "you are what you....."

It is the end of your life and you are up on stage being presented with a major award. What award is it, and what have you won it for?



List 10 things you want to do in your lifetime.

List 20 things you will never do.

List a few phobias you have. When and how did you discover that you have these fears?

Look around you right now. What is wrong with this picture?

Look around you and chose an object in the room. Now write something from the point of view of that object.

Name one thing you have lied to yourself about. Why did you do this?

Name three things you have in your bathroom right now.

Periodically we have tension build up in our lives that requires a release of some kind. Some people cry, others punch, some find a creative outlet. What is your release?

Recall a memorable haircut or hair style you have ever had or witnessed.

Should kids be allowed to have personal cell phones and tablets in school?

Snakes: interesting or creepy? Why?

Think about a time you were recently in public. Describe what you were doing from a stranger's point of view observing you.

Think about the various roles you play in life. If you had to give up all but one, which one would you keep?

Think back to your childhood. Write about an article of clothing or an outfit you remember one of your parents wearing.

Think of a celebrity you would like to have dinner with. Write a note that just might catch that person's attention enough for him/her to agree to the dinner.

Think of the last movie you saw. Write a review of it.

What are some of the hard facts about life?

What are you recovering from right now?

What area of your life do you tend to enjoy in excess instead of moderation?

What bad habit would you like to change?

What color do you feel like today

What did you get into trouble the most for when you were a child?

what do the clothes you are wearing now say about you?

What do you believe happens after we die?

What do you do, even when you do not feel like it?

What do you have to do today that you really would rather not do?

What do you know is true?

What do you look for when deciding whether to date or not date someone

What do you look forward to every week?

What do you love doing that you wish you could get paid for?

What do you need right now?

What do you spend most of your time doing every day?

What do you think is the most important question in life?

What do you think is the most important thing for today's kids to learn in school?

What do you think you are destined for in life?

What do you want more out of life: happiness or success?

What do you want your retirement to be like?

What does spring look like in your area?

What expert do you wish could come teach you what they know?

What grinds your gears and really annoys you?

What has ended recently in your life, or what new thing has just begun?

What has made you angry this week?

What have you been able to accomplish this year that you are really proud of?

What is a big priority for you right now?

What is a memory you would like to erase?

What is a sure-fire way to distract you from the task at hand?

What is more important in a friend: someone who makes you laugh or someone who is always there for you?

What is one of your greatest blessings?

What is something that you just need a kick in the pants to finish?

What is something totally overrated in your world?

What is something you deserve but do not currently have?

What is something you have learned in the past few days?

What is something you have learned lately?

What is something you would like to see invented that would make your life easier now?

What is standing in your way right now?

What is the best compliment you have ever received?

What is the best excuse for being late that you have ever heard or used?

What is the best piece of advice you have ever been given?

What is the best road trip or vacation you have ever taken? Who was there? Where did you go? What did you see along the way?

What is the biggest cultural differences are between your generation and your parents generation?

What is the biggest trigger of stress in your life?

What is the first thing you do every morning when you wake up? Why?

What is the last thing or one of the last things you searched for on the Internet? Why?

What is the most offensive thing you have ever heard someone say?

What is the most useful tool you own?

What is the weirdest name you can come up with? If you had to give a character a really, really unusual name, what would you choose and what would it show about their personality?

What is the weirdest thing you have ever eaten?

What is the worst emotion human being can feel?

What is your dad like?

What is your favorite breakfast to get you up and out the door?

What is your favorite CD?

What is your favorite dessert?

What is your favorite game to play?

What is your favorite holiday and what do you love about it?

What is your favorite holiday ornament or decoration? What makes it so special to you?

What is your favorite room in your home?

What is your favorite TV series?

What is your favorite way to spend a lazy day?

What is your mom like?

What keeps you from getting a good night's sleep?

What modern technological device takes up most of your time?

What modern technology would you have trouble living without?

What one issue is most important to you when voting for political candidates?

What personality trait do you admire most in other people?

What requires your patience today?



What special holiday celebrations or traditions does your family observe?

What takes too long?

What traffic sign best reflects your life right now?

What was the first thing you ever saved up your money to purchase?

What was the last thing you read, heard, or saw that inspired you?

What would you like said at your funeral about you?

What would you like to put in storage?

What, in your opinion is strength?

When have you experienced “heaven on earth?”

When have you felt like the “new kid?”

When was the last time someone truly listened to you?

When was the last time you felt needed?

When was the last time you go lost?

When was the last time you pulled an all –nighter? Why did you do it?  
How did you feel afterwards?

Where would you be pleased to find yourself locked up overnight?

Where would you like to go on a day trip? You must drive there and back in one day but you have unlimited funds for gas, food, and activities.

Where would you like to live in the city or country? Describe why.

Which do you prefer: sunrise or sunset?

Which household chores are you responsible for? Which do you hate doing? Which ones do you actually like?

Which is stronger, love or hate?

Why are families important? What do families provide that we cannot find on our own?

Why do you think some people are successful in life and others are not?

Would you rather spend the day at an art museum, science museum, or history museum?

Write a diary entry dated 10 years in the future.

Write a one-minute “Thank you” note to someone.

Write about a recent decision you have made.

Write about a good discovery you have made (big or small).

Write about a memory you have related to a campfire.

Write about a messy area in your home or life?

Write about a moment when you felt proud of yourself.

Write about a song and the memories or feelings it evokes in you.

Write about a souvenir you have bought or received.

Write about a time everything changed in the blink of an eye.

Write about a time that you said no.

Write about a time you broke something.

Write about a time you had to let go of something you loved or wanted.

Write about a time you said, “no!” as a child.

Write about an experience you had when you lost track of time.

Write about an extracurricular activity you did when you were growing up, and how it affects or does not affect your life now. If you did not do any extracurricular, write about what you would have liked to do.

Write about an item you own that is not worth much money but has great value to you.

Write about an item you use frequently that you think or hope will be obsolete in 20 years.

Write about one of your most embarrassing moments.

Write about something nice a stranger did for you.

Write about something presently in your life that is “worth it.”

Write about something you frequently forget.

Write about something you made by hand.

Write about something you purchased used

Write about something you would still buy if it cost twice as much as it costs today?

Write about the beach. What is something you love or hate about it?  
Would you live on the coast if you could or is it better to just visit?

Write about the last time you felt guilty

Write about the most important quality any mother should have.

Write about the most recent gift you gave someone.

Write about the most recent skill you have acquired.

Write about the weirdest job you ever had.

Write about three realistic goals you would like to achieve in your lifetime?

Write about your first home that you can remember from childhood.

Write briefly about one thing in your life that is simple and one thing that is complex.

You have a child and you have written one piece of advice that will be carried in his/her pocket for life. What is that advice?

You have been given \$100 on the condition that you must spend it all on yourself. What will you do with your money?

You have two hours to do something relaxing and a budget of \$100. What will you do?

You look outside. Ah, it is snowing! But look closer. Those are not snowflakes falling from the sky! What is it snowing at your house?

You were born to shine in a special way? What makes you really stand out?