

## 100 QUESTIONS

1. What 5 words describe you best?
2. What do you enjoy doing?
3. What are your hobbies?
4. What types of activities do you participate in?
5. What are your five most memorable accomplishments? What made them memorable?
6. What do you dream about?
7. What would you do if you knew you could not fail?
8. What does your ideal life look like?
9. Who are the three people you most admire? Why?
10. Which of those characteristics do you see in you?
11. What are five things you love about yourself? Why?
12. When did you last sing to yourself? To someone else?
13. If you could work on a talent, gift or ability that you have that you've never developed but would like to, what would that be?
14. If you had a superpower, what would that be?
15. If you could travel anywhere in the world, where would you go?
16. What are you grateful for in your life?
17. What is the one thing in your life you would like to change? Why?
18. What was a difficult event in your life?

19. How did you get through it?
20. What problem do you wish you could solve?
21. When did you last cry in front of another person? Or by yourself?
22. What has changed in your life during the last 5 years?
23. How do you see yourself in 5 years from now?
24. How would a friend describe you?
25. How would your parents describe you?
26. How would you like to be known for?
27. What can you learn from those you do not understand?
28. What is your culture preventing me from seeing?
29. What's your biggest strength?
30. Who are your influencers?
31. What or who makes you happy?
32. What or who makes you upset?
33. What are you afraid of?
34. What can you increase your happiness?
35. What, if anything, is too serious to be joked about?
36. What can't you live without?
37. What do you believe in?
38. What are you inspired by?
39. What life goals are you working on this year?

40. What are you excited about in your life right now?
41. What would you do if you had 5 months to live? 5 weeks? 5 days? 5 hours?
42. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone?
43. Why haven't you told them yet?
44. What makes life worth living?
45. What do you want in a partner?
46. How did you meet your partner?
47. What moments are the highlights of the two of you before you married?
48. If you are married, what has changed over the years?
49. What things have you stopped doing together that you used to like?
50. What things are you doing together now?
51. What things are you looking forward to doing together?
52. When do you feel appreciated by your partner?
53. How do you show your appreciation to your partner?
54. What would you change about this relationship?
55. What jobs have you had? What did you enjoy the most about each job?
56. What are other ways you have made money?
57. What volunteer work have you done, if any?
58. If this is your first job, what school projects have you enjoyed doing? Why?
59. What personal projects have you enjoyed?
60. What experiences or projects have you enjoyed with family or friends?

61. Which of these experiences listed above do you feel best about?
62. What are some of the skills, abilities, and qualities you think questions 1–6 demonstrate?  
Examples: computer skills, dependable, organized, good with my hands, etc.
63. What are you good at that you never got paid for?
64. What would you love to do, even if you never get paid for?
65. What activities have made you lose track of time?
66. What would you do if you weren't afraid?
67. What activity or theme do you keep coming back to?
68. Is there something you always wanted to do, but because of family, money, children, or other factors, you put it aside?
69. Is there a talent, gift or ability that you have that you've never developed, but would like to?
70. What careers do you feel envious of? Why?
71. What's currently missing at your work?
72. If you could get rid of one thing at your current job, what would that be?
73. What are your signature strengths?
74. What personal strengths do you display when you are at your best?
75. What struggle or sacrifice are you willing to tolerate?
76. How would you like to be remembered?
77. What are your values for a fulfilling career? (See exercise below)
78. If you were to land the career of your dreams, where would you be in 3 years?
79. What skills do you need to work on to land your dream job?
80. What steps can you take to get your dream job?

81. What causes/issues are you most passionate about?
82. If others came to you and you were the wise man or wise woman and you were to bestow on others special wisdom, what would you like to pass on to them?
83. What 3 gifts of wisdom about life would you give to those that come to you?
84. What do you complain about the most?
85. Is that something you would like to do something about?
86. What are the 5 most important lessons you have learned in this life?
87. What do you want your life to stand for?
88. What is unique about you?
89. What's unbalanced in your life?
90. What distracts you?
91. How can you develop a quiet and peaceful mind?
92. What can you do to feel a sense of connection to something greater than myself?
93. How can you tap into your innate creativity?
94. How can that creativity help you in your life?
95. How can you acknowledge yourself for all you have done?
96. How can you celebrate your life?
97. How can you remind yourself to celebrate your life?
98. What would feed your soul at this point in your life?
99. What routine, if any, could you add to your life?
- 100. What have you learned about yourself with these questions?**