

1. My favorite way to spend the day is...
2. Make a list of 30 things that make you smile.
3. Using 10 words, describe yourself.
4. What do you love about life?
5. What does unconditional love look like for you?
6. Create a list of your top five short term goals.
7. Create a list of your top five long term goals.
8. What are you looking forward to the most?
9. What are three things you can't live without?
10. My saddest memory is...
11. How do you deal with anger?
12. If you could change one thing about your present life, what would it be?
13. As a child, who was your favorite relative?
14. What's your first memory?
15. Write a letter to someone you need to forgive.
16. Write a letter to someone who believed in you even when you didn't believe in yourself.
17. What would your perfect day be like?
18. How would your best friend describe you?
19. How do you think others see you when they meet you for the first time?
20. Write about your first crush.
21. Write about the first apartment you ever rented.
22. When did you feel truly independent for the first time?
23. Name three pet peeves
24. If you had to evacuate your home because of a natural disaster, what three things would you take with you?
25. The most disappointed I've ever been...
26. What's your secret desire?
27. Make a list of the natural wonders you would like to visit.
28. Make a list of your weaknesses and ways to deal with those weaknesses.
29. Make a list of 100 things you're grateful for.
30. Dear past me...
31. Dear future me...
32. What scares you the most, and why? How can you use that fear to improve or learn or grow?
33. What is the best advice you have ever been given?
34. What would you tell your five-year old self?
35. When was the last time you cried, and what did it teach you?
36. How can you improve the way you treat yourself and talk to yourself?
37. If you could be president for one day, what would you do, and why?
38. What are the five most important things in your life right now and how are you prioritizing them (or not)?
39. What are three things you would do if you weren't so afraid?
40. Write about 10 people who you love.
41. The person I admire the most is...
42. When I grow up, I want to...

43. Describe your favorite animal and why?
44. What is your idea of a perfect vacation?
45. If I had three wishes, I would wish for...
46. If you wrote a book, what would it be about?
47. If you invent something what would it be?
48. How did your parents choose your name?
49. Write a poem about your family?
50. What is your favorite time of the year?
51. What is your favorite color? Has it changed since you were younger?
52. What is your earliest memory?
53. Why do think your friends like you?
54. Write about the best smell you have ever experienced. What memories does it remind you of?
55. If you could visit anywhere in the world, where would you go?
56. Who is someone whom you can always count on? How do you know you can trust this person?
57. What are you most looking forward to about getting older?
58. If you had \$1000, what would you buy and why?
59. Write a list of 10 things you can do to practice kindness to others.
60. What is something you learned today?
61. Imagine you are a famous person. What are you most famous for? What is it like to be famous?
62. Three goals, I have set for myself are...
63. If and when I raise children, I'll never...
64. What is your favorite kind of weather and why?
65. Tell about what triggers anger in you or someone else.
66. Write a list of 50 things that make you feel good.
67. Who is a person from history that you would like to meet and talk to? What would you like to ask?
68. If you could do something that you never have done before, what would it be? Why would you want to do it?
69. Write about a disappointment.
70. Write about some things you worry about?
71. Describe your dream house.
72. Write about your favorite sport.
73. If you could guest star on a TV show, what would it be and why?
74. I really hate it when my mother/father/sibling...
75. Write about the funniest thing that ever happened to you?
76. What is your hobby? Why do you enjoy it?
77. Is there a machine you feel you could not live without? Explain.
78. What would you do if you could travel into the future?
79. What would you do if you could travel into the past?
80. What would you do if you woke up one morning to find yourself invisible?