Are you happy with your life right now?

If not, what would you change?

What steps have you taken to make those changes?

At this moment what are three things you are most grateful for?

What do you think you are supposed to accomplish in your life time?

Are you proud of who you are?

Do you love who you are?

What are three skills you possess, three things you do really well?

Do you use those skills in your life right now?

How could you help people around you or the world if you did use those talents?

What is your belief about the world? Do you see the world as basically good and beautiful or do you see it as lacking, filled with mean people?

Who has made the most positive impact in your life to date?

Where would you like to visit within your country, outside of your country?

What is one thing you could do to live more calmly?

What was the biggest hurt in your life?

What good came out of it?

Who inspires you to be your best?

Who do you think is inspired by you?

What is one thing you wish you could do better?

What is your greatest personality trait?

What is your worst?

When was the last time you truly lost track of time?

What were you doing?

What scares you the most?

Who would you be if you literally had nothing?

What would you bring to the world?