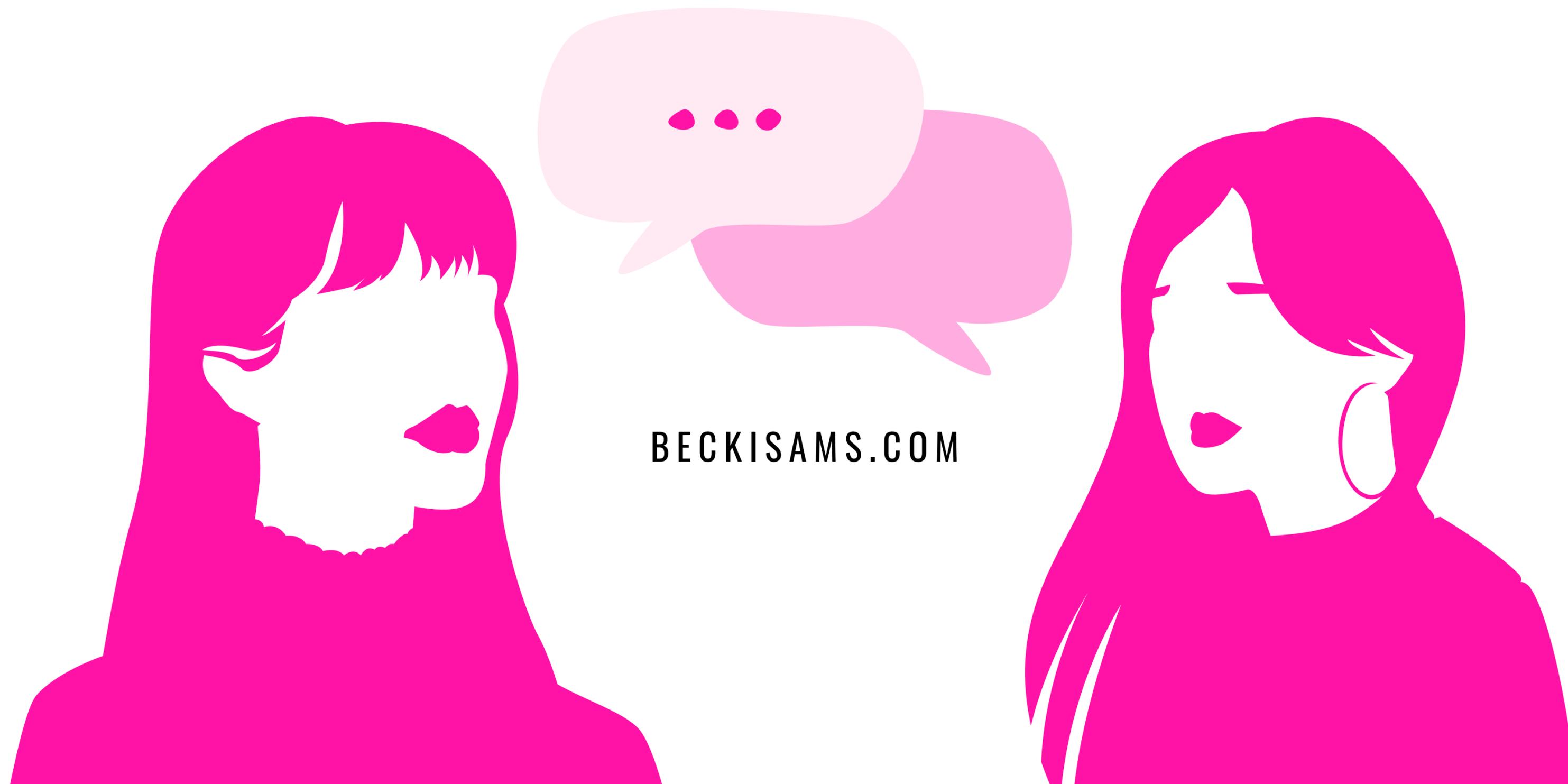


100 QUESTIONS TO LIVEN UP STAGNANT CONVERSATIONS



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When do you feel most alive?
When do you feel most powerful?
When do you shine?
When do you feel your absolute best?
Who do you feel you can be your authentic self with?
Who can you talk to about anything?
Who do you turn to in a crisis?
Who are you secretly (or not so secretly) jealous of?
Who would play you in a movie about your life?
Who's the most interesting person you know?
Who are you working to become?
Who's had the biggest influence on your life?
What's been the best part of your day today?
What are your current obsessions?
What do you love to do for fun?
What are you excited about right now?
What do you really geek out about?
What are you dying to learn more about?
What do you want to be known for?
What legacy do you want to leave?

What do you value most in a friendship?
What are you bored of?
What breaks your heart?
What are you most afraid of?
What are you most proud of?
What do you think would make the world a better place?
What are you really grateful for?
What energises you?
What drains you?
What do people usually ask you for help with?
What advice do you give others but struggle to follow yourself?
What did you want to be when you grew up?
What would a perfect day look like to you?
What really freaks you out?
What would the title of your memoir be?
What's the best compliment you ever received?
What's the kindest thing a stranger has ever done for you?
What's made you smile recently?
What's your guiltiest pleasure?
What's the best gift you ever received?

What's a mistake you've made that you'll never make again?
What's something you've tried that you'll never do again?
What's the best piece of advice you've ever been given?
What's the worst piece of advice you've ever been given?
What's one thing you know for sure?
What's one thing you'll never know for sure?
What's one thing you think everyone should know about?
What's one thing that can instantly make your day?
What's the funniest thing that ever happened to you?
What's the weirdest thing that ever happened to you?
What's something I'd be surprised to learn about you?
What's one misconception people often have about you?
What's your absolute favourite song?
What's your absolute favourite movie?
What's your most prized possession?
What's your most treasured memory?
What's your biggest regret?
When do you get your best ideas?
When's the last time you followed your gut instinct?
When's the last time you ignored your gut instinct?

When's the last time you took a big risk, and what happened?
When's the last time you laughed until you cried?
When did you last cry?
How do you "turn around" a difficult day?
How do you deal with criticism?
How do you stay calm when things are falling apart?
How do you handle saying no to stuff you don't want to do?
How do you cheer yourself up when you're having a bad day?
How do you cope with stress?
How do you make space for downtime?
Do you have a morning ritual?
Do you have an evening ritual?
Do you have a favourite holiday hotspot?
Do you ever yearn for life before social media?
Do you think dreams have any meaning?
Do you have any recurring dreams?
Do you ever get in your own way?
Do you have a hidden talent?
Do you have a secret you've never shared with anyone?
Can you tell when someone's lying?

Can you tell when someone's telling the truth?
If you had a full year off with unlimited money, how would you spend it?
If you never had to work again, what would you do with your time?
If you wrote a book, what would it be about?
If you could be famous for anything, what would it be?
If social media didn't exist, how would your life be different?
If you could hop on a plane right now, where would you go?
If you could change anything about your childhood, what would it be?
If you could change one thing about yourself, what would it be?
If you had to give your past self one piece of advice, what would it be?
If you had 24 hours left to live, what would you do with that time?
If you had to choose another career, what would it be?
If you could trade places with anyone for a day, who would it be?
If you could re-do one year of your life, which one would you choose?
If you had to pick one age to be permanently, what would it be?
If you could only eat one food for the rest of your life, what would it be?
If you could take a pill that gave you any superpower, what would it be?
If you could go back to university fully funded, what would you study?
If you were stuck on a desert island, who would you want to be stranded with?
If you could talk to your 18-year-old self, what would you tell them?