

# A START TO YOUR OWN QUESTION FILE

1. Do you have a passport? Where have you used it? Which was your most memorable place? When does it expire? How do you feel about your passport photo?
2. What culture did you grow up in? How was it unique? What role does it play in your life now?
3. What makes you confident and sure of who you are?
4. If your life had background music, what songs would be on your playlist?
5. What is one of the best gifts you've ever received?
6. What is a cherished family tradition from your childhood?
7. What is the weirdest or funniest tradition your family has?
8. What does family time look like to you?
9. Are there any rituals you do every day?
10. Do you think that you are competitive? In what areas?
11. Thirty years from now, what do you want to be doing? What do you think is the first step to make that possible?
12. What's been interesting to you recently?
13. How have you changed since high school? In what ways have you stayed the same?
14. Have you ever worked diligently at something that didn't pay off in the end? What did you learn?
15. What is your biggest regret?
16. What has been the highlight of your year so far?
17. If you could trade places with anyone for one week, who would it be?
18. What's the funniest thing your friends posted or said this week?
19. What, if anything, is too serious to be joked about?
20. What's one thing you feel like you're getting better at?
21. Can you tell me of a time you did something you felt proud of?
22. When was the last time you were really scared? How did it turn out?
23. Do you prefer to be thanked in a written note or with spoken words? In public or private? What kind of gratitude leaves you jumping for joy?
24. What does a perfect day look like to you?
25. What does the perfect gift look like to you? / What are some of the best gifts you've ever been given?
26. What are three things we seem to have in common?
27. What makes us a good team? What's one thing we could do to be an even better one?

28. If those who know you best gave you one piece of advice, what would they say? Would they be right? What would you do about it?
29. What question have you always wanted to ask me? What do you wish you knew about me? What do you wish I knew about you?
30. What do you feel the most grateful for right now?
31. What are three words you would use to describe yourself as a teenager?
32. What has been the hardest part of [the past week / month / year]? What one step can I take to better support you?
33. What do you think is your biggest talent? What does it look like as you share it with our team?
34. Do you remember your dreams? Do you dream in color or black and white? Can you fly in your dreams? If so, how do you do it?
35. Where is your favorite place you have traveled to, and why?
36. What are three items on your bucket list for [this summer / over Christmas break / this year / this month]?
37. What is the coolest app that I don't have on my phone?
38. What do you think about most during the day?
39. What's something you most want to learn how to do?
40. What would you do with [\$100 / \$1,000 / \$1,000,000]? Then what?
41. What music group are you listening to these days? Can you play me one of their best songs?
42. What are three words you would use to describe yourself?
43. Do you have any pet peeves? What are they?
44. When are some times you felt fully seen and understood?
45. What's one aspect you want to change about your life next year?
46. Who is someone you look up to, and why?
47. What's your secret skill most people don't know about?
48. What's something recently that inspired you?
49. What's a lesson you learned that's been important to you?
50. What daily routines do you have? How does that differ from your ideal routine?
51. What do you think about setting goals or resolutions? When has it supported you? When has it not served you well?
52. Does thinking about positive things always bring positive results? Why or why not?
53. What type of person do you feel like you can share anything with? In what ways did that friendship deepen and develop?
54. What do you think is the common link between all (or at least most) of your friends?
55. How do you tend to respond to failure? How do you tend to respond to success?
56. Have you ever been in a physical fight? What happened?
57. What is one thing you think is unfair?

58. What kinds of vacations do you like to take? Planning any travel in the near future?
59. What is something about me you want to know? What is something about you wish I knew?
60. What could you see through your windows growing up?
61. What did you hear when you woke up in the morning?
62. What were you taught about expressing emotion?
63. Can you tell me about your worst first date?
64. What do you wish people knew about you?
65. What's one thing you're grateful for? How do you express gratitude? What expressions of gratitude are most meaningful to you?
66. When you were growing up, what was your dream job? What elements of that dream job intrigued you? What parts did you live out? Are you living out aspects of your dream job now?
67. When you were a kid, what did you think your life would look like now?
68. What charitable causes do you support?
69. Over your lifetime, where have you seen things get better? What most pressing need do you see that still exists?
70. What are two of the biggest [technological / social / lifestyle / family] changes you've seen in your lifetime?
71. If you had to pick one—skydiving, bungee jumping, or scuba diving—which would you do?
72. Which of your family members are you the most like?
73. What was one of your favorite books as a kid? As a teen? As an adult?
74. What's something recently that inspired you?
75. How have your beliefs changed as you've gotten older?
76. Where did you grow up? What do you like about where you grew up?
77. Where have you always wanted to travel to but haven't yet?
78. Who would play you in a movie?
79. What's the most important thing I should know about you?
80. If you could go anywhere in the world, where would you go?
81. What's something most people don't know about you?
82. What is your favorite activity to do with your friends?
83. What is your favorite activity to do when you're with your 201 family? What is your favorite activity to do when you're alone?
84. Can you tell me a joke?
85. What do you imagine your life will be like in [5 / 10 / 20] years?
86. Who is someone you'd really like to meet? What would your ideal meetup look like?
87. What is one of your favorite family memories?
88. What do you know how to do that you could teach others?
89. What is something hilarious that happened to you?

90. If you had to join witness protection with a new name and a new life, what would you choose as ideal-yet-believable?
91. What is the coolest thing you saw someone do today?
92. What makes you happy?
93. If you opened a [store], what would you sell?
94. What is the craziest thing you've ever eaten?
95. What is one commitment, rule, or expectation you never want to break?
96. What is something you'd like to learn how to do?
97. What was the hardest thing you have done today so far? What was the easiest?
98. Reading anything these days? Watching anything?
99. Have you ever met someone famous? What was that like?
100. What's something you're looking forward to?
101. What car would you not drive, even if someone gave it to you? What car would you love to own?
102. What do you think will be most different about living in the future?
103. What are some of the best gifts you've ever received?
104. What's one of the best "coincidences" that's ever happened to you?
105. What is one of the best birthdays you've ever had? What did it look like?
106. What's something that made you laugh hard recently?
107. What's your favorite age so far?
108. Would you be willing to describe one of the hardest times in your life?  
What difference did that time make?
109. What's a mistake you wish you could go back and fix? What difference would it make?  
What did you learn from that experience?
110. What is one of your favorite songs right now?
111. If you could switch places with anyone for the day, who would you pick? Why? What would you do?
112. What's the best advice you've ever been given? What difference did it make?
113. What habits move you in a life-changing direction? What habits put you in a dark or frustrated place?
114. In what ways have you seen someone else have a positive impact on the world? Do you believe you can have a positive impact on the world? How?
115. How do you spend your time? How do you wish you spent your time?
116. What would you do if you had an afternoon of free time?
117. What are three ways you'd enjoy effectively serving a group of people you care about?
118. What is the group size in which you thrive? (One-on-one, medium, large?)
119. What depth and kind of friendships would you say you typically develop?
120. Would you rather be a team member or a team leader? Would you rather serve behind the scenes or be a one-person show? How do you respond to competitive situations?
121. What's one hard experience you've had that you think could be used to help someone else who's struggling?

122. What is the one goal you would prioritize over everything else in the next five years? In the next year? In the next month? In the next week?
123. If you could change one aspect of the world, what would it be? Conversely, what is something you deeply appreciate about the world?
124. What do you wish you could plan for or change about the future?
125. What is something you've always wanted to learn? What is something you wish you knew how to do?
126. Can you share the story of how you got into your field of work?
127. What would you say is your secret to success?
128. How do you react when you encounter challenges in your life?
129. What's something awesome that happened because you were bored?
130. What is one interaction or project you wish you could go back and redo?
131. What is the most effective goal or resolution you ever set?
132. Have you ever tried to stop [a specific habit]? What do you think is hard about quitting [specific habit]? Why (or why not) is it hard?
133. Why do you do what you do? How do you do what you do?
134. Who are the three mentors who mentored you in your ministry / vocation? How did they do it? What did you learn? How did they affect who you are today?
135. What would you have wanted to know at my age that you know now? How did you discover it?
136. Time and money aside, what would you rather be doing?
137. How do you manage your time successfully?
138. What made the difference for you?
139. What are some lessons you've learned along the way?
140. If you had it to do over again, what would you do differently?
141. Who are key leaders in your field I should pay attention to?
142. Who are some of the people who personally influenced you toward success?
143. What are the three books you have found most helpful in your field?
144. Are there any magazines or publications I need to read regularly?
145. What are your goals at the present?
146. Have you ever coached anyone else to be successful in this field?
147. What are some ways I can learn more about this field?
148. What are some of the obstacles along the way that I'll need to be aware of?
149. What questions have I not asked that I should be asking?
150. What's the best part of your life right now? What's the worst part? What's the weirdest part?
151. What were you like as a [12-year-old]?
152. How would you feel if you and all your peers were forced off social media? How would you connect and stay in touch with friends and family?

153. How many hours a week do you spend in person with friends? Do you wish that number were higher or lower? Why?
154. What is some of the best advice you've ever received?
155. What is your favorite type of food? Is there anything you don't eat?
156. What personal passion project are you working on right now?
157. If you had to pick any character in a book, movie, or TV show who is most similar to you, who would you choose? Why?
158. If you were to listen to one band or artist for the rest of your life, who would you choose?
159. What's the funniest or best social media challenge you've seen lately?
160. Do you have any sports you like to watch? Why do you think you like to watch them? Are there any you don't like?
161. Is there someone who inspires you? Why do you think they're inspiring?
162. Tell me about your tattoo...is there a story there?
163. What fitness routine are you following right now? What has been most effective for you?
164. Can you think of a moment when you had a lot of doubt but stepped out anyway?  
What did that look like?
165. What job did you want as a kid? What seems easy for you that is hard for others?
166. If you could meet any historical figure, whom would you choose and why?
167. Who are three wise mentors or teachers in your life? How have they influenced you?
168. What are three specific areas in your life you want to grow in?
169. What books have influenced you the most? What impact have they had on your life?
170. What are three things you have enjoyed a lot in your life so far? Why?
171. What is a past activity you would have liked to participate in but didn't? Why do you wish you could have participated?
172. What is a future activity you genuinely hope to do? Why?
173. What makes an activity or event boring for you? What characteristics ensure something is not boring at all?
174. What is your favorite field of study?
175. What past activity has come the closest to being everything you desire to do in the future?
176. What activity would devastate you if you were not able to participate in it? Why?
177. If you went to an event where you didn't know anyone, who would you spend time with? Who would seek you out? What might you discuss and do?
178. What could you give a 40-minute presentation on with absolutely no preparation?
179. If you could be truly excellent at only one thing, what would it be? How will you know when you have succeeded? What does "done" look like?
180. If you owned a business, what would it look like?
181. What does your ideal lifestyle look like?

182. When do you feel like your actions are the most sincere?
183. Do you think it's better to meet with people in person or online? Why?
184. What is the most critical need you see in the lives of those around you? What wrong do you desire to make right?
185. What's the best thing that happened to you today?
186. If you had a warning label, what would yours say?
187. What is your preferred medium of communication? (Do you prefer writing, texting or messaging, speaking, or something else?)
188. Who is your best friend?
189. What attributes make a good friend?
190. What would I have found nine-year-old you doing?
191. Do you have any phobias? What is your greatest fear?
192. What do you want written on your grave?
193. What character trait do you wish you possessed?
194. What is one character trait you are particularly proud of?
195. Who is one of your heroes? Why?
196. How do you feel about waiting in long lines? What would you be willing to wait for?
197. What do you see as the greatest challenge in your life?
198. What is the most significant thing happening in your life right now?
199. What needs in the world do you tend to notice first?
200. You have six months and unlimited resources to train to do something big. What would you do?

KEEP ASKING QUESTIONS

**YOU'RE MAKING A DIFFERENCE!**

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