

# 25 Not-Too-Scary Life Questions

1. What is your favourite quote? Why?
2. What is the best compliment you have ever received?
3. What is the title of the last book you read that you absolutely loved?
4. What are you afraid of?
5. When do you have trouble saying 'No'?
6. What are you curious about?
7. What is your greatest source of joy?
8. What were your favourite activities when you were a child?
9. What is your most prized possession?
10. What are you known for or would like to be known for?
11. Who or what are you grateful for?
12. What would you like to stop doing?
13. What words and/or phrases do you use very frequently?
14. What does being creative mean to you? Are you creative?
15. What steals your serenity?
16. What kinds of people energize you and what kinds of people drain you?
17. When in your life have you felt at a dead end?
18. When do you feel amazing?
19. If you won a lottery, what would you do with the money? Assume the win was big enough that you easily took care of family and friends.
20. When are you most yourself?
21. What life detour have you taken that ultimately proved to be beneficial?
22. What's the best piece of advice you have ever been given?
23. If you could go to one conference or event, what would it be about?
24. Finish these sentence starters:  
I used to be a woman who....  
I am now a woman who....  
I want to be a woman who....
25. Ask and answer your own question!