

## 25 Slightly Scary Deep Questions Worth Asking Yourself

1. What trip have you taken that had a huge impact on you?
2. Who is your favourite character in fiction? Why?
3. What would you do if you could not fail?
4. When did you last laugh so much that it hurt?
5. What can you never imagine buying? (question from Natalie Goldberg)
6. If you were writing a book, what would it be about?
7. What is your body telling you?
8. If you could be famous, what would you like to be famous for?
9. What life advice do you give to your friends? (question from Danielle LaPorte)
10. Who was your favourite teacher? What made him or her so special?
11. What do you want that you can't have?
12. Describe a perfect 'ordinary' day.
13. What song has been significant in your life?
14. If you could choose to live anywhere in the world, where would it be?
15. What do you most value in your friends?
16. Which creative pursuits were encouraged in your childhood? Were any discouraged?
17. What have you collected?
18. When are you most yourself?
19. What is the best thing that has happened to you in the last few days?
20. What is most important to you at this time in your life?
21. If you could spend ten minutes with a favourite person, alive or dead, what would you ask them?
22. What is your happiest childhood memory?
23. Which culture, other than your own, speaks to you? (question from Julia Cameron)
24. What smells give you a sense of wellbeing? (question from Julia Cameron)
25. What dream have you had more than once?

