

1. If you could be an inanimate object what would you be and why?
2. What was your favorite cereal from childhood?
3. What TV show are you binge-watching nowadays?
4. What is a favorite item that you have in your closet?
5. What were you really into when you were 10 years old?
6. What is an "old" practice that you are bringing back into your life?
7. What is one thing that you do for self-care?
8. What is a piece of advice that you wish you had heard when you were a teenager?
9. What is your favorite breakfast?
10. What was the last thing that made you smile or laugh?
11. What is your favorite photo on your phone right now?
12. What is your favorite holiday and why?
13. What is a food you don't like to share?
14. Who are two people you'd bring into the zombie apocalypse?
15. If you could be on any game show, what would it be and why?
16. What is your favorite (board) game?
17. What is your favorite spot in your house?
18. Who is an artist/musician that you're really vibing with right now?
19. Who is someone you want to check in on today?
20. What place or community do you want to send love to today?
21. Winter-spring-summer-fall - what do you prefer and why?
22. What has brought you delight or amusement lately?
23. What is your internal weather report?
24. What is your favorite phase of the moon?
25. What is your favorite kind of precipitation?
26. What is a gift that you want to give to yourself?
27. What is one thing you're feeling grateful for?
28. What is a place that is meaningful to you/your identity? Feel free to share a photo!
29. What song makes you feel powerful?
30. What is a cultural tradition of yours that you want to pass down through generations?
31. What is one thing that you're bringing into this meeting today? (e.g. a mood, an experience, a thought, a feeling, etc)
32. How are you exiting this meeting today? (*closing*)
33. What has been a rose/bud/thorn of your day/week so far? (could also be a highlight & low light)
34. What is one thing you're looking forward to?

35. What is something you're excited to learn more about, and why?
36. What is something you've seen on the Internet recently that's bringing you joy?
37. What is one thing you can do to reward yourself for accomplishing [INSERT GOAL]?
38. What is one thing you want to remember about this moment in your [INSERT BLANK] process?
39. If you could go to another time in your family history, when would you go back to and why?
40. If you could get rid of a fear, what would it be and what would you want to do?
41. If this time of your life were a chapter in a book, what would it be called?
42. What ice cream flavor are you today?
43. What is the soundtrack of your life right now?
44. What chore would you do anything to avoid?
45. What is something you enjoy creating?
46. If you could choose one object to put in a time capsule as a reminder of this period in your life, what would it be?
47. What is your favorite time of day?
48. If you could have dinner with any past version of yourself, which age/time of your life would you choose?
49. What would you like to learn more about?
50. If this period in your life was a movie, what genre would it be? OR who is the director?
51. What would be the hardest to give up for a year: listening to music, watching movies, or reading books?
52. What do you like to collect?
53. What are 1-2 actions you do to help you get motivated? Could be physical or otherwise!
54. Describe your favorite – real or imagined – place for a nap or a rest.
55. What is an outdated technology that you miss?

Mood Board Examples

[Blue Ivy](#)

[Beyoncé](#)

[Cardi B](#)

[Rihanna](#)

[Willow Smith](#)

[Sandra Oh](#)

[Cat](#)

[Dog](#)

[Real House Wives of Atlanta](#)

[Sandy Cheeks \(Spongebob\)](#)

[Steven Universe](#)

[Plankton \(Spongebob\)](#)

[Rubber duck scale](#)

More Questions! (From [Rockwood Article](#))

1. What gives your life meaning?
2. What brings you joy?
3. What gifts do you bring?
4. How is life calling you? From there, you can try any of the following questions:
5. Why does the world need the gifts you bring?
6. How do you want to make others feel?
7. What's memorable about you?
8. Who needs the gifts you bring?
9. What's missing from your life? From the world?
10. If money wasn't an issue, what would you do with your time?
11. What verb best describes you?
12. What would you do if no one needed *[insert your job here]* anymore?
13. What problem do you want to solve?
14. What movie character would you most want to be like?
15. What book title best describes the life you'd like to lead?
16. What was your favorite thing to do as a kid?
17. Why are you doing what you're currently doing?
18. What do you wish you had more time to do?
19. What kind of person do you want to be in 5 years?
20. What did your 15 year-old self imagine you'd be doing right now?

21. When was the last time you felt “lit up”?
22. When do you feel the most like yourself?
23. How do you know when you’re being completely authentic? When did you last feel that way?
24. What’s something you want to do that’s impossible? What would need to change to make it possible?
25. What makes you lose track of time?
26. What do other people always thank you for?
27. If you had to teach something, what would you teach?
28. If you could invent something, what would you invent (even if it’s not real, like a time machine or a magic wand)?
29. What do people ask for your help with?
30. What makes you smile?
31. What are you drawn to?
32. Who inspires you most? What qualities do they possess that inspire you?
33. What makes you feel great about yourself?
34. What would you regret not doing, being, or having in your life?
35. What are your deepest values?
36. What are some challenges, difficulties, and hardships you’ve overcome or are working to overcome? How can what you learned help others?
37. If you could send a message to a large group of people, who would those people be? What would your message say?
38. What is something you accomplished in the past that you’re proud of?
39. What’s something about yourself or your life that might surprise others to learn?
40. What’s your theme song? Why?
41. What are you willing to struggle for?
42. If you knew the world was going to end in a year, what would you do?
43. What desires keep tugging at your heart?
44. What motivates you when you’re most productive?
45. What kinds of conversations do you have with your closest friends?
46. What’s on your [bucket list](#)?
47. What’s something you’ll spend time doing, no matter what?
48. What do you want your epitaph to be?
49. What would you like your grandchildren to say about you?
50. Over the last 6 months, when have you felt the most alive and electrified?
51. If you had to leave your house all day, every day, where would you go and what would you do?
52. If you were a superhero, what would your power be? Why?
53. If you could be a different person, who would you be? Why?
54. Why do you value what you value?
55. Why do you do what you do?
56. What job other than your own would you like to have?

57. What gives you strength?
58. What kind of "shower ideas" do you get?
59. What do you do in your spare time?
60. What do you enjoy reading about?
61. What abilities did you have as a child?
62. Walk around your home. What clues does it reveal about what you love?
63. What did you want to be when you were a kid?
64. What would you go back to school for?
65. What would you do if you knew you couldn't fail?
66. What do you secretly love about yourself?
67. What would you do if you did not care what others thought?
68. A stylist notices a complicated hairstyle, a singer notices a talented vocalist... what do you notice?
69. What do you love to learn about?
70. What's your "tennis ball"?
71. What sparks your creativity, makes the wheels in your head start turning?
72. What do people compliment you on?
73. Who is your idol? Why?
74. If you became president, what would be the first law you'd pass?
75. What could you do all day and not consider it a waste of time?
76. What one thing would you find a way to do, no matter what?
77. You're in an elevator with your hero. You have 90 seconds to tell them about yourself. What do you say?
78. You're given one wish... but you can't use it on yourself. What would you wish for?
79. If you got to create your own job, what would it look like?
80. If you could receive an unrestricted, unlimited grant to complete one project, what would that project be?
81. What do you really love?
82. If you could follow someone around for a day, who would you follow around and why?
83. What's a job you'd *never* want to do? Why?
84. What's something you'd do even if you never made any money?
85. What would you write a book about?
86. What would you build if you had unlimited resources?
87. What's a quote that inspires you and why?
88. What do you love to do for others?
89. If you could make a documentary about anything, what would you make it about?
90. What's the best gift anyone's ever given you? Why was it "the best"?
91. The President needs you for a special project. What expertise did they come to you for?
92. If you could open a store, what would you sell or provide?
93. What are you bored of?

94. What were you born to do?
95. What do you want more of in your life?
96. What are you devoted to?
97. What would give you peace of mind?
98. What's the best compliment you ever received?
99. What industry, company, or organization would you leave your current job for? Why?
100. What would your job title be if the words you currently use to describe your job no longer existed?
101. What's one thing you're never afraid to do?
102. What moment from your childhood are you most proud of?
103. What's your perfect day, from the moment you wake up until you head to bed at night?
104. If you could start your career over, what would you do differently?
105. What does "success" look like for you?
106. Are you a **hummingbird**, flitting from passion to passion, or a woodpecker, who drills down into one passion?
107. What do you geek out about?
108. Why are you alive right now?
109. If you were a completely superficial, selfish person, what would you really want? Fame, money, respect, a pony?
110. If your name was on a product, what would that product be?
111. If you had a full year off with pay, what would you spend your time doing?
112. If you could make one change in your life, no matter how impossible it seems, what would that change be?
113. What are you building?
114. Think of someone who cares deeply for you. What would they say your Purpose is?
115. What are you avoiding doing because it's hard or scary?
116. What's been the best part of your day so far?
117. Complete this sentence with anything other than your job title: I am a _____.
118. Why are you here in this moment?
119. Why are you here in this lifetime?
120. Think back to a time that you felt transformed. How did you change and why?
121. What are you pretending not to know?
122. What are your values and are you being true to them?
123. If you achieved all of your life goals tomorrow, what would you do next?
124. If you had no deadlines, what project or task would you focus on right now?
125. What do you want to be the best in the world at?
126. What are you most grateful for?

127. What do you stand for?
128. What are the biggest things you've learned in life thus far?
129. What advice would you give yourself 3 years ago? 3 years from now?
130. What's on your to do list that's important, but not urgent?
131. What's something you keep telling yourself you'll do when you retire, or when you "have the time"?
132. If you could trade jobs with someone you know, who would you trade with and why?