

**1. What is a ritual, practice, or routine in your life that is important for your psychological wellbeing and/or fulfillment? Why?**

*How does this ritual or behavior contribute to your life? What aspect of it makes it valuable to you? What can it teach us about the nature or ingredients of human fulfillment more broadly?*

**2. What is a human-made creation that brings out the best in you? Why?**

*It could be an object, tool, work of art, process, system, environment... or something else human-made. What positive qualities does this creation call forth in you? What positive state(s) does it awaken in you? How does it empower you to express your value and strengths? Why does it have this effect on you? Rather than focusing on tools that augment your productivity or performance on instrumental tasks, we're interested in how human-made things uplift you and allow you to be the best version of yourself.*

**3. When do you cherish the slow or hard way of doing something? Why?**

*When do you embrace constraints or prefer inefficiency? When do you willingly sacrifice convenience or comfort? What does the limited, slower, or more effortful approach offer that the quicker and easier way does not? What can we learn from this about human fulfillment and the kinds of technologies that might support it?*

**4. What is something you appreciate or long for from the past? Why?**

*It could be something you lived through, or something from the distant past. It might be a tradition or an antiquated value that you appreciate, an old way of doing things that you prefer / are fond of, or even a personal time or cultural moment that you hope to reconnect with. What do you appreciate about it? What wisdom does it contain? What can it teach us about living well today?*