

What was a moment in your life that made you feel most alive, and why?

— START —

What are three things you've been most grateful for in the last 12 months?

— START —

If you could learn, do, or experience one thing in your life that you haven't done what would you do?

— START —

**Partner up.
Find three things you have in common with your partner.**

— START —

If you could choose to have lunch or dinner with anyone in history, who would you choose?

— START —

What was the last thing that made you laugh until you cried?

— START —

Say three things you're most proud of in your life.

— START —

What would your younger self not believe about your life today?

— START —

What is something you wouldn't want to change about yourself?

— START —

**What title
would you
give this
chapter in
your life?**

START

**Do you think
the image you
have of yourself
matches the
image people
see of you?**

START

**Have
you changed
your mind
about anything
recently?**

START

**What
lesson took
you the
longest
to unlearn?**

START

**Show the
first photo
in your
camera roll.
Explain.**

START

**When was
the last
time you
surprised
yourself?**

START

**Has a
stranger ever
changed
your life?**

START

**When you're
asked how
are you, how
often do
you answer
truthfully?**

START

**What has
helped
improve your
mental health
this year?**

START



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