

Describe for one minute how  
you really feel in this  
moment.

What motivates you?

Who are you?

What is your life's mission?

What are your pet peeves?

What is your life mantra?

What are your deal breakers  
in friendships?

What are your guilty  
pleasures?

How do you deal with  
anxiety?

What are you passionate  
about?

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What are your fears?

Describe your perfect day.

If you had all the money in the world, what would you do?

What is the first thing you do when you wake up?

What is your favourite book and why?

What particular song speaks to your heart right now?

What is your biggest achievement?

Do you have an interest/trait that no one would expect from you?

Which family member's death would be hardest for you?

Your house with all your stuff is on fire – which two things would you save?

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If you are really lazy and unmotivated, what is your trick to push yourself and start doing something again?

If you would be sure that your book would be sold 100,000 times – what would you write about?

What would you change first if you were president?

If you could change something in the way you have been nurtured – what would it be?

Describe your ideal partner.

What personality trait do you like about yourself?

What personality trait do you dislike about yourself?

If you could learn a new skill, what would it be?

What legacy do you want to leave behind?

What are you currently learning in life?

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Share a story of a past crush/love, how did you meet?

Which activities and interest are very important for you?

How many children do you want to have? Why?

What things in your life will you never compromise on?

Share a turning point in your life?

If you were stuck on an Island for a year, who would you want there with you?

What is the most important day of the year for you? Why?

Do you have a trait/interest that no one would believe? Share it.

What fascinates you about anyone sitting here?

Share about a time you did not have any money, what did you do to survive?

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Share an extremely embarrassing moment of your life.

Choose one person in the room and tell them why you are thankful for her/him.

What is the craziest/ bravest thing you have done?

What was the last time you cried in the presence of another person?

If you could travel in time and would look back to your life being 80 years old. What kind of advice would you give yourself for your current situation?

If you could travel in time back to the age of 10 – what advice would you give your younger self?

Share your life story in 4 minutes, as detailed as possible.

If you could wake up with a new skill tomorrow – what would it be?

If you died today evening without having the chance to speak to anyone before – what would you regret not having told someone? Why didn't you tell it him/her already?

Do you decide based on your intuition? Share a situation in which your intuition was completely wrong?

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What is the most important meal for you during the day?

Describe yourself in three words.

What do you do to calm down?

If you could meet any person ever alive, who would you like to meet?

What do you do if a decision is difficult for you?

What means belief/faith for you?

Share three things that made you very happy this month.

How important are good grades for you?

Is there a topic about which no one should make jokes?

What do you describe as cheating in a romantic relationship, have you cheated before?

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Where do you see yourself in 10 years?	Share 3 people you consider as role models?
How do your friends describe you?	Is there something you couldn't live without?
Are you an optimist, pessimist or realist? Why?	When and with whom do you feel most vulnerable?
What parts of your body do you wish you could change?	Share a moment from your past where you felt the closest to death
All factors constant, what profession would you be if you could turn back in time?	What is the first thing you do when you come home from work or school?

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What is essential to you in a

What are the crucial parts of

romantic relationship to you?

an awesome friendship for  
you?

Is there a childhood song  
you still remember? Sing it.

If you could ask God to do  
something – what would you  
ask?

How do you rate your  
relationship with your father?

How do you rate your  
relationship with your  
mother?

What topic of conversation is  
comfortable for you to share  
about?

Is there something you are  
especially thankful for?

Is there any place you  
consider as “holy place”?

What are your greatest  
strengths?

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