

## Sheet One

1. What is a nickname you have had or have?
2. Describe a way that your life is different from a year ago (besides having children or a new job)
3. What is your favourite book, and why?
4. What is one of your goals in life?
5. What is an activity that makes you feel ALIVE?
6. In general, do you live for today or plan for tomorrow?
7. If you had a month to do anything you wanted to and cost wouldn't be a factor, what would you do?
8. Describe one of the best decisions you made in your life?
9. If you had more money what would you change about your life?
10. What is a characteristic in others that you admire?

## Sheet two

1. What is a risk you have taken in your life?
2. What is one of your greatest achievements?
3. What is something you do to relax?
4. Name your favourite sound or noise. Name a sound or noise you hate.
5. If heaven exists, what would you want God to say to you when you arrived at the Pearly Gates?
6. What profession would you want other than your own?
7. What is one of the best gifts you ever received?
8. Describe a cause or charity you feel is very important?
9. Describe something you liked about your childhood?
10. Who is one of the most interesting individuals you have met and why?



## Sheet three

1. Who has had the biggest impact on your life?
2. What was the first job you ever had?
3. What is satisfying about your job?
4. If, like milk or the newspaper, you could have anything of your choice delivered to your doorstep every morning, what particular item would you want it to be?
5. "If I had a dollar for every time I \_\_\_\_\_, I'd be rich."  
How would you fill the blank?
6. Which punctuation mark would best describe your personality?
7. If you could swallow a pill that would stop anything of your choice from ever happening to you again, what would the pill permanently end?
8. If people could truly read your mind, what would they discover that you think about most often?
9. If ten people who know you were asked to write down the one adjective that they feel best describes you, what would be the most common word written?
10. Aside from your family, friends, or pets, what would be the most difficult thing for you to give up in your life?

## Sheet Four

1. In one sentence, what do you believe is the secret of life?
2. If money could buy anything intangible (besides happiness) what would you be purchasing tomorrow?
3. If someone offered to give you a dozen of anything you wanted, what would you want to choose?
4. If someone were looking for you in a bookstore, in which section would they be most likely to find you?
5. What do you forget to do more than anything else?
6. What particular piece of personal information, when asked of you in general conversation, are you least likely to be completely truthful about?
7. If you could teach everyone in the world one skill, what would you teach them?
8. What is your most likable quality?
9. What is the one thing for years you've been saying you should do but as yet have not done?
10. What is the best piece of advice you've ever received?



## Sheet Five

1. What is something you enjoy doing that would probably surprise many of the people who think they know you well?
2. If you could instantly free your mind forever of something that causes you stress in life, what worry would you get rid of?
3. What is the most exciting thing you've done in the last 12 months?
4. What is a compliment you often receive?
5. What was your favourite toy or activity as a child?
6. Name something you are afraid of.
7. Name your fantasy job and business card title.
8. Name the emotion you waste the most time on.
9. Name your all-time favourite movie.
10. If you had one hour of prime time on TV, what subject would you talk about?



## Sheet Six

1. If you knew you could not fail, what would you undertake?
2. What do you want to be remembered for?
3. If you could influence corporate America in one way – what would it be?
4. If you could swallow a pill to gain all the knowledge on one subject, what subject would that be?
5. What is one food you truly disliked at one time but that you have grown to enjoy?
6. If you could have a cookie-jar size container full of anything you wanted – anything but cookies or money – with what would you want the jar to be filled?
7. If you were a multi-millionaire, what do you believe you would be doing at this very moment?
8. If you could ask a psychic one question, knowing you would get a true answer, what would you ask?
9. If you were to name the most creative outlet that you have, what would it be?
10. If you had to remember the moment in your life when you felt most alone, when would it be?



## Sheet Seven

1. If you were to name one person whose tranquillity you most envy or admire, who would it be?
2. If there was one dream for your life that you didn't follow, what would you say it was?
3. If you were to pick the moment of the day when you feel most agitated, when would it be?
4. If you were to relieve yourself of one burden in life, what would it be?
5. If you were to articulate the most important thing missing from your life right now, what would it be?
6. If you were to name the best thing about getting older, what would you say it is?
7. If you could rid the earth of one thing, what would it be?
8. If you had to choose the one thing that gives you the most comfort, what would you say?
9. What is your greatest fear?
10. If you had to spend eternity with only two people, who would they be? (dead or alive)



## Sheet Eight

1. If you had to name the one thing that repeatedly makes you angry, what would it be?
2. If you suddenly found the courage to do one thing that you have always been afraid of doing, what would you want it to be?
3. Name one adjective that your parents would use to describe you as a child?
4. If you had to name your greatest conquest in life thus far, what would it be?
5. If I were to ask your family or friends one thing that they wish they could change about you – what would it be?
6. If you were paid to write a new book on any subject you wished, what would it be about?
7. If you had to name the one thing that really makes your day, what would it be?
8. If you had to name the one thing that most readily ruins your day, what would it be?
9. If you could change one thing about your typical day, what would it be?
10. If you could change places with any celebrity in the world, but would have to remain that person forever, who would you be?

## Sheet Nine

1. If you had to give the same gift to everyone you know on their birthday or holiday, what would it be?
2. If you could have one free service in your home every day, what would it be?
3. If you had to name the single most important thing in your life, what would it be?
4. If you were God for a day, what would you do?
5. If you could have more patience in one area of your life, what would it be?
6. If you were to fast for any cause, what would it be?
7. If you could alter people's perception of you, what would you change?
8. If you could focus more energy on one part of your life, what would it be?
9. If you were to admit the most selfish thing you do on a regular basis, what would it be?
10. If there is one thing you do consistently to be accepted by others, what would it be?

## Sheet Ten

1. If you were to have an entertainer at your funeral, who would it be?
2. What do you want to be remembered for?
3. If you could have more faith in one thing, what would it be?
4. If you could possess one quality that you don't presently have, what would it be?
5. In what aspect of your life do you feel you can honestly say you've been lucky?
6. In hindsight, what particular class in school, above all others, do you wish you had paid more attention to or taken more seriously?
7. What's your biggest pet peeve?
8. If someone were giving you a dozen of something – what would you want it to be?
9. What serves as the greatest motivation for you in your daily life?
10. With three adjectives, describe your first month at work?

## Sheet Eleven

1. If you could change one aspect of your job, what would it be?
2. Name the area of your job in which you feel the most challenged?
3. Name someone in “society” or the news that you consider to be a role model to you and describe why you chose that person.
4. What’s the biggest risk you’ve ever taken?
5. Name two things in life for which you are grateful.
6. What is the most proud moment of your life so far?
7. If you could invite anyone famous to dinner tonight, who would it be?
8. If you were to name the most creative outlet that you have, what would it be?
9. If you were to name the single most challenging aspect of life, what would it be?
10. If you had to name the one thing about yourself that would be the most difficult to change, what would it be?



## Sheet Twelve

1. What is a compliment you often receive?
2. 10 years from now, when someone is toasting your professional achievements, name three traits that you hope they know you possess.
3. If you could have more ambition in a single area of your life, what would it be?
4. If you were allowed to take a pill to have all the knowledge in one subject in school instead of taking the classes and studying, what subject would that be?
5. What is the one problem you were born to understand?
6. Who inspires you?
7. If you were to go on a vacation for a month, where would you go?
8. Name a sport or hobby you like to do outside of work.
9. What sport, if granted the talent, would you participate in the Winter Olympics?
10. If you could spend a day in someone else's shoes, who would it be?

## Sheet Thirteen

1. If you could take on the personality of someone on TV, who would it be?
2. What's an area of your life in which you would like to be more disciplined?
3. What's the strangest thing that's ever happened to you when you travelled?
4. If you could become invisible for one week, what would you do?
5. Do you think we should always tell the truth or are there certain times when we shouldn't?
6. Oprah is going to devote a whole show to you. Finish this line: "Next on Oprah \_\_\_\_\_"
7. If you could get rid on one thing in the world, what would it be?
8. If you could live in the past, what year would you go to?
9. Name a tradition that's important to you.
10. If you could talk to one fictional character, who would it be?



## Sheet Fourteen

1. If you had an extra day a week, what would you do with it?
2. If your name were to appear in a dictionary, how would you define yourself?
3. What is something no one here knows about you?
4. What are your two top goals for this year?
5. What are two things you are most proud of in your life?
6. What book have you been meaning to read?
7. What makes you happy?
8. What gives your life meaning?
9. What three words describe you as a teenager?
10. What's something new you learned about yourself in the last 30 days?

## Sheet Fifteen

1. What's something you've always wanted to ask (insert President, Manager or CEO name here) or know about.
2. If you woke up with £500 that suddenly appeared in your wallet, what would you do with it?
3. What's your definition of rich?
4. What, no matter what, always gets you weepy, teary or choked up?
5. What was your favourite thing to pretend as a child?
6. In the last week, name three things for which you are most grateful.
7. If you could have one food that has no calories, fat or cholesterol, what would it be?
8. If you could invite two famous people to dinner, dead or alive, who would they be?
9. If you had to name a role model in your life, who would it be?
10. What's the strongest contribution you make at work?
11. In your opinion, what's the best way to get rid of hiccups?

