

**What was your first
thought when you
woke up this
morning?**

**What keeps you
awake at night?**

**Which of your skills
is most important to
you?**

**What helps you if
you're feeling
lonely?**

**What did you do well
today?**

**Is there anything you
would like to get
better at? What
would help you to
get there?**

**Describe your ideal
day**

**Who here would you
like to get to know
better?**

**If a newspaper were
to write a story
about you, what
would the story be?**

**Is there something
you like to do to
show people that
they're important to
you?**

**What are your words
of wisdom that you'd
like me to know?**

**What makes you
smile?**

Who here is a leader?

Who here might be lonely?

What's something that is hard for you?

What's the best thing about being here?

What did you dream about recently?

How do you make a stranger feel welcome?

What are you most proud of?

What's the funniest thing somebody did or said this week?

Tell me about something that's important to you that you won't compromise on

What's been the best change in the world over the last 50 years?

What do you find most challenging about the way the world is now?

What difference would you like to make in the world?

If you could give everyone one piece of advice, what would it be?

Do you have a motto in life?

If you had a flying carpet where would you go?

**If you could travel back in time, where would you go?
Would you change anything?**

What is something that you know how to do that you would like to show others?

What game from your childhood would you like children today to know?

**What's your priority
for today?**

**If you were given
£100,000 and you
couldn't give it to
anyone you know, what
would you do with it?**

**If you could relive
one meal, which
meal would it be?**

**What are you most
grateful for? What
has been the biggest
struggle?**

**What helps if you're
feeling worried?**

**Are there questions
about life that you
think about?**

Who do you admire?

**Is there something
that you would like
to learn in the next
year?**

**What question
would you like me to
ask you?**

What amazes you?

**What's the kindest
thing anyone has
said to you?**

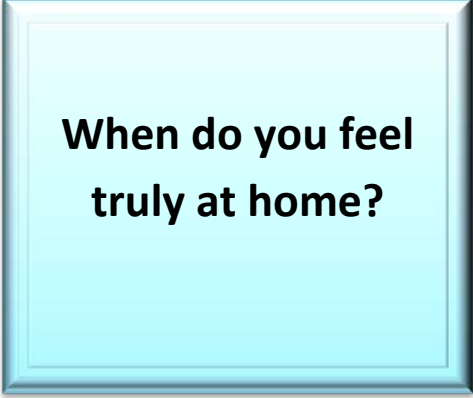
**What has been the
best aspect of
getting older?**

**Who/ What has
been your 'rock' in
life?**

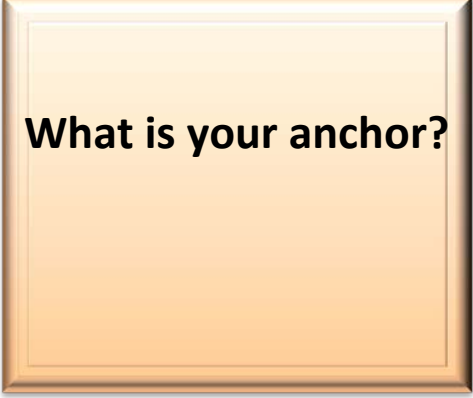
**What is your
favourite story from
your life?**

**What does it mean
to be grown up?**

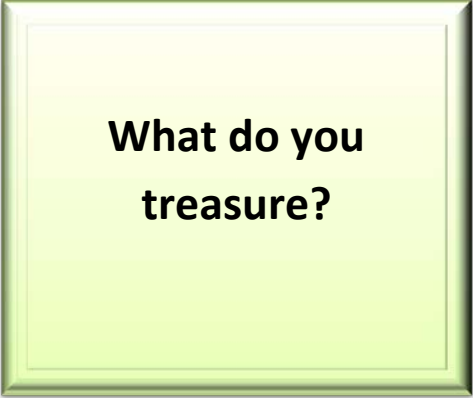
**What for you is the
most beautiful sound
in the world?**

A light blue square card with a thin blue border and a subtle gradient. The text is centered in a bold, black, sans-serif font.

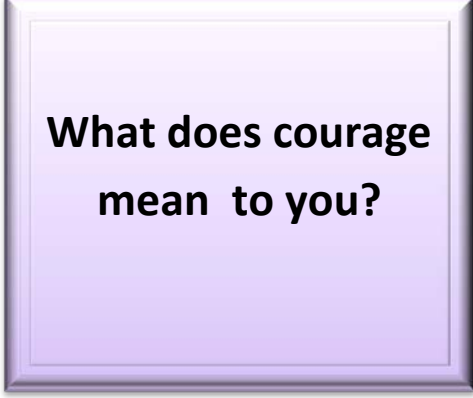
**When do you feel
truly at home?**

A light orange square card with a thin orange border and a subtle gradient. The text is centered in a bold, black, sans-serif font.

What is your anchor?

A light green square card with a thin green border and a subtle gradient. The text is centered in a bold, black, sans-serif font.

**What do you
treasure?**

A light purple square card with a thin purple border and a subtle gradient. The text is centered in a bold, black, sans-serif font.

**What does courage
mean to you?**