1. What do I find peace in?

2. What do I question in life?

3. What do I value the most?

4. What am I most afraid of?



#### 5. The best piece of advice I ever received.

6. Who do I miss?

7. People would be surprised to know this about me.

8. I don't understand this.



#### 9. I want to do this before I die.

10. I love this the most.

11. What do I regret?

12. Am I happy?



#### 13. This is what my ideal life looks like.

14. Do I have any resolved pain that needs to be healed?

15. What is my biggest strength?

16. My favorite memory is this.



#### 17. I admire this about me the most.

18. Do I challenge myself? If not, what are some ways I could challenge and grow as a person?

19. If I could talk to my twenty-year-old self, this is what I'd say.

20. I like who I am because...

