

**Experiences*****Write about a time you...***

1. Learned a hard lesson.
2. Got caught in the rain.
3. Took a chance.
4. Helped someone else.
5. Told the truth.
6. Told a lie.
7. Were speechless.
8. Wondered whether you were about to make a big mistake.
9. Did the right thing.
10. Felt like you didn't belong.
11. Were completely out of your comfort zone.
12. Made a leap of faith.
13. Could have taken the chance, but didn't.
14. Realized things would never be the same.
15. Did something that was pretty amazing, now that you think about it.
16. Remember for no good reason.
17. Had a bad experience that taught you a lot.
18. Felt the fear and did it anyway.
19. Felt most proud of yourself.
20. Looked yourself in the mirror and asked yourself an important question.
21. Had absolutely no idea what you were doing.
22. Made a mistake that you're now grateful for.
23. Asked for help.
24. Sought justice.
25. Were absolutely frightened.
26. Felt like a rock star.
27. Felt at home.
28. Realized that you're different.
29. Got lost.
30. Ran away.
31. Made a very difficult decision.
32. Didn't get the job.
33. Asked for forgiveness.
34. Love to laugh about now (but wasn't funny at the time).
35. Saw (or did) something really funny.
36. Did a thing you thought you could not do.
37. Thought to yourself, 'this will make a good story one day'.

38. Were at your happiest.
39. Were at your lowest.
40. Got back up after a fall.
41. Thought, "this is a story I'll never tell."
42. Won.
43. Lost.
44. Said "yes".

**People in your life*****Write about the person who...***

45. Has been your greatest teacher.
46. You never met but wish you did.
47. Really listened.
48. You shared your secret with.
49. Brought out a completely different side of you.
50. You love more than anything.
51. You will never forget.
52. Inspired you to take a chance.
53. Helped you become who you are today.
54. Became an unexpected friend.
55. You never see anymore.
56. Wish would call.
57. Was kind to you.
58. You wish you could be more like.
59. You wish could see you now.
60. Is the person you're most yourself with.
61. You wish you could forgive.
62. You dream about at night.

**Your past & your future*****Write about...***

63. Your favourite book as a kid.
64. An adventure you had.
65. Something you once loved to do.
66. Something weird that happened
67. Something you wish you could go back and protect your child self from.
68. How being a grown-up is different than you imagined.
69. Your childhood best friend.
70. A place you felt the safest as a child.
71. What you used to daydream about.
72. Your favourite meal as a kid.
73. The house you grew up in.

74. What you used to want to be when you grew up.
75. Your favourite outfit or item of clothing as a child.
76. What you were afraid of as a kid.
77. Something really dumb you did as a teenager.
78. A lesson a parent or caregiver taught you that made a big impact.
79. What you like about your younger self, such as a personality trait you remember fondly.
80. A place you loved to visit.
81. The time you realized you weren't a kid anymore.
82. Where you'd love to live one day.
83. Something you were fascinated by as a child.
84. A crazy thing you dream of doing or achieving one day.
85. Who you want to be when you're older.

**What it's like to be you*****Write about...***

86. The things you love best in life.
87. What keeps you up at night.
88. What you find beautiful.
89. What you find mysterious.
90. Where or when you feel most like 'you'.
91. A lesson you'd like to pass on.
92. What's under your bed.
93. The thing you hold most dear.
94. Something you find difficult to talk about.
95. What people misunderstand about you.
96. What you think is important in life.
97. What excites you.
98. What is awesome about being you.
99. The thing you haven't figured out yet.
100. What takes your breath away.
101. What deserves your attention right now.

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