



TUFF QUESTIONS

"INTROVERT'S INTRO"

IF YOU COULD ONLY WEAR ONE COLOR FOR THE REST OF YOUR LIFE, WHAT COLOR WOULD IT BE AND WHY?

IF YOU COULD HAVE ANY SUPERPOWER WHICH ONE WOULD YOU CHOOSE AND WHY?

WHAT'S THE ABSOLUTE BEST THING TO DO ON A RAINY DAY?

WHAT DO YOU MOST ENJOY DOING BY YOURSELF?

WHICH PIECE ARE YOU WHEN YOU PLAY MONOPOLY?

ARE YOU A MORNING PERSON OR NIGHT OWL?

WHAT'S YOUR MOST USED EMOJI?

IF YOU COULD RECOMMEND ONE NETFLIX BINGE SESH, WHAT WOULD YOU SUGGEST?

WHAT IS YOUR FAVORITE PET?

WHAT IS YOUR "SPIRIT ANIMAL"?

WHO WOULD PLAY YOU IN A MOVIE? WOULD THE MOVIE BE ACTION, DRAMA OR MUSICAL?

IF YOU COULD PICK ANY ACTOR OR ACTRESS TO PLAY YOU IN A MOVIE, WHO WOULD IT BE?

WHO, OUTSIDE OF FAMILY MEMBERS, ARE YOU MOST CONNECTED TO?

IF YOU GET THROWN IN JAIL, WHO ARE YOU CALLING TO BAIL YOU OUT?

WHAT WAS THE LAST THING YOU BOUGHT YOURSELF AS A GIFT?

WHAT WAS YOUR FIRST ALBUM BOUGHT OR FIRST CONCERT?

WHAT'S THE BEST ADVICE YOU'VE EVER RECEIVED AND WHO WAS IT FROM?

IF YOU COULD CHANGE YOUR NAME, WHAT WOULD YOU CHANGE IT TO?

WHAT BOOK DO YOU THINK EVERYONE ON EARTH SHOULD READ?

"WARM UPS"

WHAT HAS BEEN THE HAPPIEST DAY OF YOUR LIFE SO FAR AND WHY?

WHAT'S THE NICEST THING ANYONE HAS EVER DONE FOR YOU?

ARE YOU A MORNING PERSON OR NIGHT OWL?

WHAT IS THE MOST RECENT COMPLIMENT YOU RECEIVED?

WHAT ALWAYS MAKES YOU LAUGH EVEN WHEN YOU'RE UPSET?

WHAT IS YOUR HIDDEN TALENT?

WHAT DO YOU DO TO RELAX?

HAVE YOU HAD YOUR 15 MINUTES OF FAME YET? IF NOT, WHAT WILL IT BE?

IF YOU COULD GO BACK IN TIME, WHICH YEAR WOULD YOU VISIT?

WHAT'S THE BEST BOOK YOU'VE EVER READ?

WHAT MOVIE BEST DEFINES YOU?

WHAT QUOTE WOULD YOU PICK TO PUT ON YOUR GRAVESTONE?

WHEN YOU WERE A KID, WHAT'S ONE THING TEACHERS/PARENTS WOULD ALWAYS SAY ABOUT YOU?

IF YOU COULD INTERVIEW ANYONE DEAD, OR ALIVE WHO WOULD IT BE?

WHO'S THE BEST BOSS YOU'VE EVER HAD?

WHAT'S YOUR GUILTY PLEASURE?

WHAT'S THE BEST GIFT YOU HAVE EVER RECEIVED?

IF YOU COULD HAVE ANY ARTIST PLAY AN ACOUSTIC SESSION AT YOUR HOME, WHO WOULD YOU CHOOSE?

WHAT'S THE BEST LIVE SPORTING EVENT YOU'VE ATTENDED AND WHO'D YOU SHARE THE EXPERIENCE WITH?



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"DREAMS"

DESCRIBE YOUR PERFECT DAY.

IF YOU COULD HAVE ONE DREAM COME TRUE WHAT WOULD IT BE?

IF YOU WOKE UP TOMORROW WITH \$1 BILLION IN YOUR BANK ACCOUNT WHAT'S THE FIRST THING YOU WOULD BUY?

IF YOU COULD BE THE SMARTEST PERSON IN ANY SUBJECT, WHICH WOULD YOU CHOOSE AND WHY?

IF YOU COULD DO ONE THING ALL DAY EVERYDAY WHAT WOULD THAT BE?

WHAT'S YOUR DREAM JOB IF MONEY DIDN'T MATTER?

WHAT'S THE SUBJECT AND TITLE OF THE BOOK THAT YOU'VE NEVER WRITTEN?

IF YOU WERE TO RECORD A PODCAST WHAT WOULD IT BE ABOUT?

IF YOU DIDN'T HAVE TO WORK ANOTHER DAY IN YOUR LIFE, HOW WOULD YOU SPEND YOUR TIME?

WHAT ACTIVITY BEST REFUELS YOUR SOUL?

IF A THERAPIST ASKED YOU TO DESCRIBE YOUR "HAPPY PLACE" WHAT AND WHERE WOULD THAT BE (BE AS DESCRIPTIVE AS POSSIBLE)

WHAT'S YOUR DREAM CAR?

WHAT ACTIVITY REFUELS YOUR SOUL THE MOST?

DESCRIBE A MOMENT THAT YOU WOULD LIKE TO MOST "BOTTLE UP" TO RELIVE OVER AND OVER

WHAT'S THE LAST THING YOU CHECK OFF YOUR BUCKET LIST?

IF MONEY WASN'T AN ISSUE, WHERE IN THE WORLD WOULD LIVE?

WHAT ARE THE TOP 3 THINGS ON YOUR BUCKET LIST

"PEOPLE, PLACES & THINGS"

DO YOU HAVE ANY SUPERSTITIONS?

WHAT'S YOUR LUCKY NUMBER? WHY?

IF YOU COULD CHANGE PLACES WITH ANYONE FOR A DAY, WHO WOULD YOU CHOOSE AND WHY?

WHAT'S THE BEST HOTEL YOU'VE EVER STAYED IN?

WHAT PERCENTAGE OF YOUR TIME DO YOU SPEND "GIVING" VS. "RECEIVING"?

NAME ONE PERSON THAT CHANGED THE TRAJECTORY OF YOUR LIFE? NOW ANSWER, HAVE YOU THANKED THEM?...

IF YOU COULD CHOOSE ONE PERSON TO BE STUCK ON A DESERTED ISLAND WITH, WHO WOULD YOU CHOOSE?

WHAT IS ONE OF YOUR WEIRD HOBBIES THAT NO ONE ELSE REALLY KNOWS ABOUT?

IF YOUR LIFE WAS A BOOK, WHAT WOULD BE THE CHAPTER HEADING OF YOUR CURRENT LIFE?

IF YOU COULD CHOOSE ONE BOOK TO READ OVER AND OVER AGAIN WHICH WOULD IT BE?

DESCRIBE A MOMENT WHERE YOU FELT MOST "OUT OF PLACE" AND HOW YOU OVERCAME IT:

YOUR HOUSE IS ON FIRE AND YOU ONLY HAVE TIME TO GRAB 3 PERSONAL ITEMS, WHAT ARE THEY?

WHAT'S YOUR MOST RANDOM AND VIVID MEMORY FROM YOUR CHILDHOOD?

YOU 2 TICKETS ANY CONCERT IN THE WORLD, WHO WOULD YOU SEE, WHERE WOULD IT BE AND WHO ARE YOU BRINGING?

WHAT'S THE ONE THING THAT YOU WOULD TELL YOUR 21 YR OLD SELF??

WHAT'S SOMETHING ABOUT YOU THAT MOST SURPRISES PEOPLE TO LEARN?

YOU CAN HAVE LUNCH WITH ANYONE IN THE WORLD (MUST BE LIVING). WHO DO YOU CHOOSE?

YOU JUST WON THE LOTTERY OF \$100M! WHATS THE VERY FIRST THING YOU DO?

WHERE WOULD YOUR ONE AND ONLY VACATION/SECOND HOME BE?

WHAT'S A SONG LYRIC THAT IS (HYPOTHETICALLY) TATTOO-WORTHY?

WHAT WAS THE BEST BITE OF FOOD YOU'VE EVER HAD AND WHERE WAS IT?



TUFF QUESTIONS

"LET'S GET PERSONAL"

WHAT'S ONE THING YOU NEED TO LET GO OF THIS YEAR?
IF YOU HAVE AN "INNER VOICE" THAT TALKS TO YOU, WHAT DOES IT SOUND LIKE? IS IT KIND? IS IT HARSH?
WHAT'S ONE THING YOU DO THAT OTHER PEOPLE WOULD FIND BIZARRE?
WHAT CHILDHOOD MEMORY STICKS WITH YOU THE MOST?
WHO HAS BEEN YOUR GREATEST ROLE MODEL?
WHAT IS YOUR OWN DEFINITION OF "SUCCESS"?
WHAT IS YOUR GREATEST "LIFE HACK"?
WHAT DO YOU THINK IS YOUR GREATEST ACHIEVEMENT IN LIFE?
TALK ABOUT A TIME YOU WANTED TO QUIT SOMETHING BUT KEPT PERSEVERING:
WHAT IS YOUR GREATEST FEAR IN LIFE?
WHAT INVITATION WOULD YOU LOVE TO RECEIVE?
WHICH 3 WORDS WOULD YOU USE TO DESCRIBE YOURSELF?
WHICH HOBBY WOULD YOU LIKE TO SPEND MORE TIME DOING?
IF YOU COULD BE BEST AT ANY GAME, WHICH WOULD YOU CHOOSE?
WHAT'S THE HARDEST THING YOU'VE EVER ACCOMPLISHED?
HAVE YOU HAD 15 MINUTES OF FAME?
IF YOU COULD REMOVE ONE THING FROM YOUR LIFE THAT WOULD HAVE A POSITIVE IMPACT WHAT WOULD IT BE?
WHAT SEASON FITS YOUR PERSONALITY?
DO YOU HAVE ANY TATTOOS? IF SO EXPLAIN IT/THEM, IF NOT WHAT WOULD YOU GET IF YOU HAD TO GET ONE?
WHO IN YOUR LIFE INSPIRES YOU TO BE BETTER?
IF YOU COULD RELIVE ONE DAY FOR THE REST OF YOUR LIFE WHAT WOULD IT BE?
IF YOU COULD VISIT ANY PLACE IN THE WORLD WHERE WOULD IT BE AND WHY?
IF YOU COULD LIVE IN A SITCOM, WHICH ONE WOULD IT BE AND WHY?
IF YOU WROTE A BOOK, WHAT WOULD IT BE ABOUT?
IF YOU COULD CREATE ONE HOLIDAY, WHAT WOULD YOU CREATE?
IF YOU COULD PICK UP A SKILL INSTANTLY, WHAT WOULD IT BE?
WHAT ARE YOUR LOVE LANGUAGES?
AT THIS TIME NEXT YEAR, WHAT WILL YOU BE THANKFUL YOU SPENT TIME ON DURING THE NEXT 12 MONTHS?
IF YOU'RE AT YOUR LAST DINNER, WHO IS IT YOU NEED TO FORGIVE AND WHO IS IT THAT YOU NEED TO SHOW GRATITUDE?
WHAT'S ONE THING YOU ADMIRE ABOUT THE PERSON TO YOUR RIGHT?
IF YOU COULD WAKE UP TOMORROW PROFICIENT WITH ONE TALENT, WHAT WOULD IT BE?
IF YOU HAD TO GO BACK TO SCHOOL AND CHANGE YOUR DEGREE, WHAT WOULD YOU MAJOR IN INSTEAD? (NOTE: IF YOU HAVE BEEN TO COLLEGE AND YOU WENT TOMORROW WHAT WOULD YOUR MAJOR BE?)
YOU'RE GIVEN A FREE 30 SECOND SUPER BOWL COMMERCIAL, WHAT MESSAGE DO YOU WANT TO CHOOSE TO BROADCAST TO EVERYONE WATCHING?
YOUR LIFE IS A MOVIE. WHO IS THE NARRATOR?
WHEN WAS THE LAST TIME YOU EXPERIENCED PURE JOY?