

BIOGRAPHY OUTLINE

Complete

Notes to help prompt you when writing your biography

Most of us have very little experience in writing a biography, let alone attempting to getting down on paper our own life story. To help you with this, here are some prompts to guide you through the process. They are sequence of simple memory joggers that will help you structure your story or, for that matter, a story for anybody who has a story to be told. Not every prompt requires an answer and some may be irrelevant, but using a prompt system makes the task so much easier.

Childhood and School Days

- Where and when were you born?
- What is your birth date?
- Over time, what names have you been given and which name have you chosen to use?
- Did your mom tell you about the day you were born?
- What time of the day were you born?
- The middle of the night, morning, evening?
- What was the weather like? Were you born during the middle of a blizzard or on a balmy spring day?
- Describe your mother
- Describe your father
- Draw a floor plan of the first house you have a memory of. What are your memories?
- Did you have brothers or sisters?
- Where were you in the birth order?
- What was your relationship with each?
- Were boys and girls treated differently in your family? How?
- Where and when did you go to school?
- What were your favourite subjects? Why?
- Who were your favourite teachers? Why?
- What were your favourite hobbies, sports, amusements, youth groups as a child, teenager, young adult?
- What would a typical school day, Saturday, Sunday have been like as a child, teenager, young adult?
- If you had an after school or summer job, what did you do?
- What did you like about it? Dislike about it?
- What was the funniest thing that happened on the job?
- How much did you earn?
- What would that buy in terms of candy bars, movie tickets, toys, or other things you were likely to buy at that age?
- Where did you live as a child, teenager, young adult?
- What was the house like?
- What was the town like?
- What do you remember liking and disliking about it?
- As an adult, why did you pick the places you picked to live (Specific apartments, neighbourhoods, cities, regions)?
- What was the most exciting thing that happened to you as a child, teenager, young adult?
- How did you feel on the day your first (second, third) child was born?
- What did you want to be when you grew up?
- What Did You Collect?
- Do you have any collections?
- What got you started in it?
- What was your first item?
- What is your most prized item?
- Did you collect anything when you were young?

Romance, Work, Play and History

- How did you and your spouse meet?
- What attracted you to each other?
- Do you have a favourite incident from your courtship that was either funny in the ordinary way or embarrassing then, funny now?
- What was your wedding like?
- Where and when was it held?
- Was this typical for the time?
- Did you dance?
- What did people wear?
- Military service - When and where did you serve?
- Why did you choose it, if you had a choice?
- What was the most exciting thing that happened to you in the service? Funniest? Most frightening?
- Occupation - what did you do?
- Why did you choose it as a career?
- What did you especially like and dislike about the job(s)?
- What are some of the things you are proudest of?
- How much did you make to start with at your first full-time job?
- How much was that in terms of a "starter" home, or a good second-hand car?
- What did you do outside of your job as an adult?
- Why do you do it?
- What did you like or dislike about it? Funny, proud, sad events?
- What historical events have you witnessed in person?
- How did you and your friends and neighbours react to them?

Religion, Children, History again

- Religion - Why did you choose your particular denomination, if you did?
- What do you like about it? Dislike?
- What was the funniest thing that ever happened to you in church?
- What was the most awe-inspiring thing?
- What was your proudest moment?
- What was your saddest moment?
- Children - where and when were they born?
- How did you pick their names?
- What were they like as infants and toddlers?
- Larger events, personal perspective - what do you notice is the biggest (three biggest, five biggest) change in the world today from the world you knew as a child?
- What one, three, five things can you remember being invented in your life which people today take for granted?

Eating - Holidays and Hard Times

- How did you celebrate Easter, Christmas?
- What did you eat, and how did you cook it?
- How did you decorate the house?
- Did you do anything special for breakfast, lunch or dinner on your birthday?
- Did your family celebrate any holidays that were special to your religious or ethnic heritage?
- If, for instance, you are Jewish, Muslim or Sikh, how did you feel when Christmas rolled around?
- How did your parents help you cope?
- What was your favourite meal, apart from the holidays?

The Unknown Side

- What have you done that no one would guess you'd done, to look at you?

More Questions

- Tell about the house you lived in, as a child.
- Where was it located?
- How many rooms did it have?
- What were the sleeping arrangements?
- Who was in charge of putting the logs on in the morning?
- Did your mother do all the cooking or did the kids help?
- How were chores assigned? By age? By gender?
- Tell about the town you lived in.
- What was it like?
- Did you know everyone in town?
- Did your parents perform any civic duties besides voting?
- Did they attend city council meetings, hold any office etc. ?
- Where did you have to go to get your mail?
- Where did you have to go to get the staples you needed for living?
- Did you buy clothes or did Grandma make them for you?
- Tell about the first home you lived in after your marriage.
- Where was it and what was it like?
- What did you like the most about it?
- What did you like the least?
- Tell about your travels.
- What did you get in trouble for the most when you were a child?
- How were you punished?
- Did you feel that Grandma or Grandpa had any favourite children?
- Least favourites? Or did you feel that you were all treated equally?
- What was the one thing that you learned as a child that you carry with you to this day?
- What is the biggest problem facing our country today?
- What time of the day do you like the best and why?

Other topics that you can write about yourself ... or the person you are writing about:

- What scares you?
- Did you have a Plan for life? What was it?
- What places you have enjoyed visiting.
- What things have you done that you previously thought you could never do.
- Who are the people you most admire.
- What are your favourite books.
- What are your favourite movies.
- What are your favourite songs.
- What are your top five short term goals.
- What are your top five long term goals.
- Nobody knows that I . . .
- The biggest lie I've ever told was . . .
- Is there anything you feel guilty about? What is it?
- Is there anything you need to be forgiven for? What is it?
- What's the worst thing you've ever done?
- What's your secret desire?
- What's the most outrageous thing you've ever done?
- The most terrifying moment of my life was . . .
- The most fun I've ever had . . .
- The most surprised I've ever been . . .
- The most disappointed I've ever been . . .
- What are you looking forward to the most?
- What things can't you go without?
- What are your favourite book characters.
- What are your favourite things to wear.

- What things are important to you in a relationship.
- If you had to evacuate your home because of a natural disaster, what three things would you take with you?
- What are your pet peeves.
- What things you'd do if you weren't so afraid.
- What are your favourite TV shows.
- What are your favourite Activities
- What are your favourite Restaurants
- Who are your favourite People
- What are your favourite Foods
- What are your favourite Games
- What are your favourite Drinks/Beverages
- What are your favourite Paintings
- Who are your favourite Writers
- My saddest memory is . . .
- Some of the things that make me happy are . . .
- How do you deal with anger?
- My favourite Sunday ritual . . .
- What holiday traditions do you most look forward to . . .
- Things I always did with my dad when I was small were. . .
- Things I always did with my mom when I was little were . . .
- If you could have dinner with anyone currently alive, who would it be?
- If you could meet any fictional character, who would it be?
- If you could change one thing about your present life, what would it be?
- If you could live anywhere you wanted, where would you live?
- If you could go back in time and change one things from your past, what would it be?
- What was your favourite toy?
- Did you ever get lost? If so write about it
- Who was your best friend in primary school?
- Did you ever run away from home? If so write about it
- As a child, what did you want to be when you grew up?
- What was your favourite subject in school?
- Who was your favourite teacher?
- What's your first memory?
- What was your favourite cartoon?
- What book did you read over and over again as a child?
- What is your most vivid memory of the kitchen in your childhood?
- As a child, who was your favourite relative?
- Write about your first dance.
- Write about your first crush.
- Write about your first week in College or High School.
- Write about your first job.
- Write about the first apartment you ever rented.
- When did you feel truly independent for the first time? Discuss
- What would you do if money were no object?
- What would you ask for if a genie granted you three wishes?
- What's your wildest dream?
- What grand adventure do you wish you could go on?
- If you could become an expert in any subject or activity, what would it be?
- What would your perfect day be like?
- What makes you unique?
- How do you stand out from the crowd?
- What are your best character traits?
- What are you really good at?
- How would you describe yourself?
- How would your best friend describe you?
- What character traits do you need to work on?

- What are some of your idiosyncrasies?
- How do you indulge yourself?
- Do you have any famous or high profile family members?
- Describe an event that changed your life forever
- Describe someone who is a hero to you and explain why.
- Write about a time in your life when you struggled with a choice and made the right one.
- What do you consider your greatest accomplishment to date and why?
- If you could go somewhere where you've never gone before, where would you go and why?
- What's, if anything, would you be willing to fight or even die for? Explain your answer.
- If you could change one thing about the world, what would it be? Why would you make this change?
- Write about a time you performed in front of an audience.
- Write about a difficult decision you had to make.
- Write about learning to skate, to ride a bike, to climb a tree, or to turn a cart wheel.
- What was it like to spend your first night away from home?
- Write about a disappointment.
- Did you ever win or lose a contest? Tell the story about what happened.
- Write about something you desperately wanted when you were younger.
- Did you ever forget something really important? What happened as a result?
- Write about an experience in a hospital.
- Were you ever accused of something that you didn't do?
- Write about a disastrous trip or vacation.
- Were you ever in a fire, flood tornado, or hurricane?
- Describe the best concert you ever attended.
- Did you ever meet a famous person?
- Describe learning something from a friend.
- Write about the funniest thing that ever happened to you.
- What would you pack in your suitcase if you could not go home again?
- If you could change one law, what law would it be and how would you change it?
- What 3 items would you take to a desert island and why?
- If you had three wishes, what would they be?
- Write about two things that your family has taught you.
- Name one thing you like about yourself and why you like it.
- Name and describe a teacher who made a difference in your life. What did that teacher do that was so special?
- Describe the one thing that gives you the most comfort.
- Describe the most difficult thing about being your age.
- Who is the most important role model in your life?
- If you could study one subject in school that wasn't offered, what would it be and why?
- If you had a chance to live anywhere you could, where would it be and why?
- Describe your dream house.
- What is your definition of success?
- What lesson in life did you learn the hard way?
- Describe a time when your life took an unpredictable turn.
- Who do you think of when you imagine someone saying, "I believe in you." Now, write about a time in your life when just knowing someone believed in you made a difference.
- Tell about a friend from each major stage of your life, and let us know why you think of that person as your friend.
- What slice of your life would you like your children to know that shed light on what has meant the most to you?
- What do you wish you could have asked your parents?
- What message would you like to send to your Mother? Your Father?
- As you look back over your life what threads do you recognize?
- So far, what are your sacred moments that come to mind?
- Write about several moments in your life that touched your deepest feelings.
- What one thing did you save that belonged to your parents? As you look at it, what do you think? What are your feelings when you touch it?

- Write about a time when you went through a spiritual crisis.
- Write about some places of beauty that touched your heart and that you cherish even to this day.
- What is the most surprising gift you ever received? Explain the circumstances around receiving this gift.
- What is the most enjoyable gift you gave to someone else? Explain.
- Write of several qualities of your grandparents that you would most like your grandchildren to possess.
- Write about the greatest peer pressure you felt as a teen since your grandkids feel it every day.
- Write about the hardest phone call you ever made. Write about the hardest letter you ever wrote. How about the hardest received?
- Write about the worst rejection you experienced as a teenager. How did you handle the situation?
- Write about how your family handled the bad times during your early years: divorce, death, arguments, lawsuits, and/or estrangements.
- Were there any cautionary tales within your family when you were growing up? Write about one.
- Write of one specific time when you felt hopeless and alone. What helped you through the experience? As you write, think of how best your grandchildren can learn from this experience.
- When you were a kid who could you always go to for honest answers? Explain who, explain why.
- Write of a single experience out of your past that found you caring and supportive of someone who was going through difficult times.
- Write of an instance when time seemed to stop and you knew you were part of a moment that held great significance.
- Write how you would choose to die plus the timing. Explain why.
- Explain to your children some of the things you want to experience before you die. Write a list. Explain why.
- Share your feelings about being left alone should your spouse die first.
- What apprehensions do you have about suffering? How will you explain these feelings to your grandchildren?
- Write about a time when you struggled with your identity and self-worth. This may be helpful to a grandchild.
- Write about the mirror of comparison that might have distorted a part of your early life; the comparison of telling you how much you lacked.
- What is your faith and how do you experience it?
- List five things you like about yourself and write a 50 word paragraph on each.
- Write about something you learned from forgiveness.
- Write about something you learned from fear.
- Write about something you learned from contentment.
- Write about something you learned from discipline.
- Write about something you learned from joy.
- Write about an experience in your life when you and your family experienced a flood. Describe it.
- Write about an early drought that impacted you and your family.
- Describe a dust storm you experienced as a kid. What was it like?
- Describe the coldest and harshest winter you can remember.
- What kind of heat did your house have when you were growing up? How did you keep warm? What was the process of staying warm in dead winter as a kid?
- What was the biggest snowstorm or blizzard you remember as a kid? What things did you have to do to survive such a storm?
- Were people more secure in their family values when you were growing up than they are now? Why? Why not?
- How common was working mothers in your day? Have working mothers been good or bad for our society? Explain why or why not.
- Write about a time in your childhood when father knew best.
- Write about a time when your father knew least.
- What was the balance between freedom and authority in your home when you were young? Write an experience from both.
- Write about a time when you and your new spouse/significant other had an experience that was fun, wild, and spontaneous.
- Make a list for your grandchildren of some things you currently consider romantic.
- Describe a getaway experience you and your spouse/significant other had that was memorable.

- Write about an early experience when you and your spouse/significant other were aggressive and extravagant in your romance.
- Write about an experience where your romance was so predictable and boring that it was humorous.
- Where did you live during your childhood days and who lived with you?
- What kinds of make-believe do you remember playing as a child?
- Name and describe the pets you had when you were in grade school. Write about them.
- What do you remember feeling the first day of school? Describe it.
- What do you see going on around you at meal time when you were a child?
- Write a memory of the kind of music you typically heard as a child.
- Write a memory of the kind of music you typically heard as a teenager.
- Write a memory of the kind of music you typically heard as an adults.
- What fills up your senses?
- What is your favourite meal and why?
- What do you love to look at?
- What thrills your taste buds?
- What scents entice you? Why? What scents repulse you? Why?
- Describe the cars you have owned in your lifetime.
- Write about a memorable fishing trip.
- Write about a memorable camping trip.
- Write about a memorable vacation.
- If you were baptized, what were the circumstances around the event?
- What were the circumstances around your baptism?
- Did you have a memorable babysitting experience when you were a teenager? Explain.
- Write of one significant Depression experience that has stayed in your memory all these years.
- Write a memory of your first few days in Navy boot camp, or Army basic training.
- Write about some of the ways you carry a positive influence of your parents. List them and explain each. Write of some ways you carry a negative influence.
- Write of an experience out of your past that found you in a very deep and powerful relationship with your parents.
- Write of an experience out of your past that found you in a very deep and powerful relationship with your children.
- Write of an experience out of your past that found you in a very deep and powerful relationship with your grandparents.
- Write of a childhood experience of genuine solitude you had that impacted your life? Explain the circumstances and what you learned.
- Write of your most romantic experience s ever.
- What roles did you have as (choose one): an only child; as the oldest child; as the middle child; as the youngest child.
- Describe the house your family lived in the first years of your life.
- Describe all the nicknames of your siblings and friends and the history behind them.
- Write about your weirdest Christmas eve.
- List some of your favourite things and explain why they are your favourites.
- What is/was your profession?
- What was the worst thing that ever happened to you at work?
- Who is the one person I really miss in my life during the holidays? Why?
- Write about one childhood Christmas that really stands out? Why?
- Write what the word “blessed” mean to me? Why?
- Who’s the Most Social
- Who’s the Best Cook
- Who’s the Most into Politics
- Who’s the is the Funniest
- Who’s the Most Creative
- Who’s the the Wildest!
- Who’s the Most Reclusive
- Who’s the Most Generous
- Who’s the Best Storyteller

- Who's the Most Traveled
- Who's the Best Organized
- Of those elections that you remember, what do you remember most about each?
- Which election was the first that you participated in (actually voted)?
- What are your current political views and have they changed over the years?
- Describe your teenage hangout.
- Describe the view from a particular window.
- Describe a sport you play or played.
- What is your all-consuming hobby?
- Are you a sports nut?
- What makes you crazy—pet peeves? How do you handle them?
- City-born or country-bred?
- Describe a favourite teacher or business mentor.
- Describe one of your earliest childhood memories.
- Write about what you see as one of your best qualities.
- Do you have the same religious beliefs that you had as a child? If so, why? If not, how and why did they change?
- Write about the benefits of being an only child—or the advantages of having siblings.
- Write about how a person can tell if they're really in love. If you don't know, write about how you don't know.
- Are you shy about your body, such as when you change clothes in a locker room? Or are you comfortable with it? Why?
- Describe your favourite spot in your home, and why you like it.
- Write about one of the most admirable classmates or co-workers you've ever had.
- Write about one of the worst classmates or co-workers you've ever had.
- Tell your story about the time you succeeded at something because you just. Didn't. Give. Up.
- Write about how you're a typical resident of your city or town... or about how you're different from most people there.
- Write about how you fit the stereotype of people from your country... or about how you don't fit it at all.
- Describe your favourite toy or game when you were five years old.
- Write about one of your most useful talents.
- What superstitions do you believe in or follow? Do you do certain things to avoid bad luck, or make wishes in certain ways?
- Write about a death in your family.
- Write about a birth in your family.
- Tell your story about how you made a friend in the past five years or so. How did you meet them? What do you like about them?
- Tell your story about your first best friend as a child. How did you meet them? How did you play together?
- Describe a physical feature of yours that you really like.
- Is your home usually neat, or usually messy? Why is that? Do you think it matters? Why or why not?
- Describe a part of your job or everyday work that you love.
- Describe a part of your job or everyday work that you loathe.
- Tell your story about how you won something, like a contest, a game, or a raffle.
- Do you think your hometown is a good place to live? Why or why not?
- Do you fit your astrological sign? Why or why not?
- Write about when you think it's morally acceptable to lie. If your answer is "never," write about why you think that.
- Write about a trait you inherited or picked up from a parent.
- Write about a way in which you are very different from a parent.
- Discuss one of the most important qualities you think people should look for in a romantic partner.
- Discuss a quality that you think is overrated when choosing a romantic partner.
- Write about a kind of exercise or physical activity you enjoy.
- Describe the contents of a desk drawer or junk drawer in your home, and write about the thoughts or memories that the objects in there inspire.

- Write about what you wish people knew about your job, profession, or calling in life.
- Write about a habit or addiction that you've been struggling with for years.
- Write about an external situation that you've been struggling with for years.
- Discuss something you love about the people in your country.
- Discuss something you wish you could change about the people in your country.
- What was something you misunderstood as a child? It could be the definition of a word, or something about adult life.
- Describe the benefits of being an introvert or an extrovert (whichever one you are.)
- Describe the challenges of being an introvert or an extrovert (whichever one you are.)
- Tell your story about the time you spoke up for something you believed in. How did it feel? Were there any consequences?
- If you don't have children – do you or did you want them? Why or why not?
- If you have children – what is one thing that surprised you about being a parent?
- Tell your story about when a friend (or a group of them) made your day.
- Tell your story about when a friend (or a group of them) broke your heart.
- Describe an experience at a doctor's office, dentist's office, or hospital.
- Describe your dream home in detail.
- Tell your story about how a teacher, coach, or boss supported or inspired you.
- Tell your story about how a teacher, coach, or boss was so awful, they didn't deserve to have their job.
- Write about something you did in the past year that made you proud.
- Do you live in the city you grew up in? Why or why not?
- Tell your story about a trip or a visit you enjoyed when you were little.
- In what ways do you fit the stereotypes of your gender, and in what ways do you differ from the stereotypes?
- Discuss whether you think people should share their religious beliefs openly, or whether they should keep it private.
- Discuss why you do or don't consider pets to be family members.
- Describe what you think would be a perfect romantic date.
- Write about a type or style of clothing that you feel uncomfortable wearing, or that you simply dislike.
- Describe your personal style in clothing and whether it's changed over the years.
- Write about the worst house or apartment you've ever lived in.
- Tell your story about a time when, rightly or wrongly, you got in trouble at school or at work.
- Do you always vote in elections? Why or why not?
- Do you think people make snap judgements about you based on your appearance? Are they accurate or not?
- What's something that people don't learn about your personality unless they get to know you very well?
- Write about something that terrified you as a child.
- Write about a particular phobia or fear you have now. If you're not scared of anything, write about that!
- Write about something you believe that isn't a particularly popular belief.
- What's something you wanted badly as a child? Did you get it? If so, was it everything you hoped? If not, did it matter?
- When you're feeling sad or down, what are ways that you make yourself feel better?
- What is something that makes you almost irrationally angry?
- Write about an object you own that has religious, spiritual, or symbolic significance to you.
- If you were a billionaire, what gifts would you give to your immediate family?
- Do you consider yourself hopeful or cynical about romance? Why?
- Write a note apologising to a part of your body for insulting it in the past.
- Write a note thanking a part of your body for doing such a good job.
- Tell your story about when you had a delightful guest in your home.
- Tell your story about when you had an unwelcome visitor in your home.
- Describe the time you were a guest in an unusual home.
- What was the strangest course or class you ever took?
- Write about a time when you tried your best – and it didn't pan out. How did you get over it?

- Write about a small thing you accomplished this week.
- Write about the ways that your hometown has changed over the years.
- Write about a way your country is changing for the better.
- Describe someone who bullied you as a child. Why do you think they did it?
- Do you believe that things happen for a reason, or do they just happen randomly? Why do you think this?
- Do you believe that you have a lot of control over your destiny or future? Why or why not?
- Write down a funny story that your family likes to tell again and again.
- What do you consider to be “deal breakers” in a marriage or romantic relationship?
- Tell your story about a time you got injured or you were in an accident.
- Write about some of the things you do at home when you’re completely alone.
- Tell your story about how you learned a new skill.
- Describe the way you get to school or to work every day.
- Propose a frivolous or ridiculous law that you would like to implement, and explain your reasoning.
- Write about something you did (or didn’t do) that you’re proud of from a moral or religious standpoint.
- Tell your story about having a great time at a party.
- Tell your story about a party you wish you had never attended or hosted.
- Write about a tattoo you have and its significance, a tattoo you would like to get... or why you would never, ever get a tattoo.
- Tell a story that has to do with your hair, or the lack of it.
- Write about a feud or rift in your family.
- If you had a whole day free of responsibilities or chores, how would you spend it?
- What was your most precious childhood possession?
- What were your favourite childhood shows and characters?
- What were your favourite picture books when you were little?
- What things did you create when you were a child?
- What places do you remember fondly from childhood?
- Have you ever felt embarrassed by things you used to like?
- Do you wish you could return to moments from your past?
- Was there a toy you wanted as a child but never got?
- What objects tell the story of your life?
- What are your best sleepover memories?
- What’s the best gift you’ve ever given or received?
- What’s the most memorable thing you ever got in the mail?
- What nicknames have you ever gotten or given?
- What have you learned in your teens?
- What personal achievements make you proud?
- What are some recent moments of happiness in your life?
- What are you grateful for?
- What rites of passage have you participated in?
- What advice would you give younger kids about middle or high school?
- What can older people learn from your generation?
- What do older generations misunderstand about yours?
- Who is your family?
- What have you and your family accomplished together?
- What events have brought you closer to your family?
- What’s your role in your family?
- Have you ever changed a family member’s mind?
- How do you define ‘family’?
- What are your family stories of sacrifice?
- What possessions does your family treasure?
- What hobbies have been passed down in your family?
- How much do you know about your family’s history?
- Did your parents have a life before they had kids?
- How close are you to your parents?

- How are you and your parents alike and different?
- Do your parents support your learning?
- What have your parents taught you about money?
- Do you expect your parents to give you money?
- How permissive are your parents?
- Do you have helicopter parents?
- How do your parents teach you to behave?
- How do you make parenting difficult for your parents?
- If you drink or use drugs, do your parents know?
- Do you talk about report cards with your parents?
- Would you mind if your parents blogged about you?
- How well do you get along with your siblings?
- How well do you know your pet?
- What role do pets play in your family?
- What is your racial and ethnic identity?
- Have you ever tried to hide your racial or ethnic identity?
- How do you feel about your last name?
- What's the story behind your name?
- What are your favourite names?
- How have you paid tribute to loved ones?
- Would you most want to live in a city, a suburb or the country?
- How much does your neighbourhood define who you are?
- What's special about your hometown?
- What would you name your neighbourhood?
- Who is the 'mayor' of your school or neighbourhood?
- Who are the 'characters' that make your town interesting?
- What would a tv show about your town spoof?
- What 'urban legends' are there about places in your area?
- What local problems do you think your mayor should try to solve?
- Do you know your way around your city or town?
- Have you ever interacted with the police?
- How often do you interact with people of another race or ethnicity?
- Who would be the ideal celebrity neighbour?
- What is your favourite place?
- How much time do you spend in nature?
- What small things have you seen and taken note of today?
- What would your dream home be like?
- What is your favourite place in your house?
- How important is keeping a clean house?
- Is your bedroom a nightmare?
- Do you plan on saving any of your belongings for the future?
- With your home in danger, what would you try to save?
- What would you put in your emergency 'go-bag'?
- Have you ever lost (or found) something valuable?
- What is your personal credo?
- What motivates you?
- What makes you happy?
- What are you good at?
- How much self-control do you have?
- How good are you at waiting for what you really want?
- What role does procrastination play in your life?
- When in your life have you been a leader?
- How well do you perform under pressure?
- How well do you take criticism?
- Are you hard or easy on yourself?
- How full is your glass?
- Do you have a hard time making decisions?

- How good are you at time management?
- How productive and organised are you?
- How would your life be different if you had better listening skills?
- How competitive are you?
- Do you perform better when you're competing or when you're collaborating?
- Do you take more risks when you are around your friends?
- Do you unknowingly submit to peer pressure?
- How much of a daredevil are you?
- What pranks, jokes, hoaxes or tricks have you ever fallen for or perpetrated?
- How do you react when provoked?
- How often do you cry?
- Do you think you're brave?
- What are you afraid of?
- What are your fears and phobias?
- What are your personal superstitions?
- Do you like being alone?
- How impulsive are you?
- Are you a novelty-seeker?
- What annoys you?
- Do you apologise too much?
- Do you have good manners?
- Are you a saver or a tosser?
- Are you more introvert or extrovert?
- Are you popular, quirky or conformist?
- Are you a nerd or a geek?
- What would your personal mascot be?
- What assumptions do people make about you?
- What challenges have you overcome?
- What do you do when you encounter obstacles to success?
- What are your secret survival strategies?
- How do you find peace in your life?
- How have you handled being the 'new kid'?
- Do you ever feel overlooked and underappreciated?
- How stressed are you?
- How do you relieve stress?
- Does stress affect your ability to make good decisions?
- What challenges have you set for yourself?
- How often do you leave your 'comfort zone'?
- What did you once hate but now like?
- Does your life leave you enough time to relax?
- Do you set rules for yourself about how you use your time?
- Is 'doing nothing' a good use of your time?
- What's cluttering up your life?
- What work went into reaching your most difficult goals?
- When have you ever failed at something? What happened as a result?
- When have you ever succeeded when you thought you might fail?
- What life lessons has adversity taught you?
- What's the most challenging assignment you've ever had?
- What kind of feedback helps you improve?
- Is trying too hard to be happy making you sad?
- Do adults who are 'only trying to help' sometimes make things worse?
- What are five everyday problems that bother you, and what can you do about them?
- How do male and female roles differ in your family?
- Do parents have different hopes and standards for their sons than for their daughters?
- Is there too much pressure on girls to have 'perfect' bodies?
- How much pressure do boys face to have the perfect body?
- How did you learn about sex?

- How should parents address internet pornography?
- What experiences have you had with gender bias in school?
- What have been your experiences with catcalling or other kinds of street harassment?
- Do you know boys who regard girls as 'prey'?
- Do you consider yourself a feminist?
- What ethical dilemmas have you faced?
- Would you help an injured stranger?
- When is the last time you did something nice for a stranger?
- Have you ever 'paid it forward'?
- How much do you gossip?
- How comfortable are you with lying?
- Have you ever taken something you weren't supposed to?
- What could you live without?
- Do you ever feel guilty about what, or how much, you throw away?
- Do you ever eavesdrop?
- How important is your spiritual life?
- Do you believe that everything happens for a reason?
- Can you be good without god?
- Are you less religious than your parents?
- Can you pass a basic religion test?
- What can you learn from other religions?
- Who is your role model?
- Who are your heroes?
- Who inspires you?
- What's the best advice you've gotten?
- Who outside your family has made a difference in your life?
- If you had your own talk show, whom would you want to interview?
- To whom, or what, would you like to write a thank-you note?
- What leader would you invite to speak at your school?
- What six people, living or dead, would you invite to dinner?
- Are you distracted by technology?
- Do you always have your phone or tablet at your side?
- What tech tools play the biggest role in your life?
- What new technologies or tech toys are you most excited about?
- To what piece of technology would you write a 'love letter'?
- Does your digital life have side effects?
- Do apps help you or just waste your time?
- Do you spend too much time on smart phones playing 'stupid games'?
- When do you choose making a phone call over sending a text?
- Do you know how to code? Would you like to learn?
- Whom would you share your passwords with?
- What are your favourite video games?
- What have you learned playing video games?
- Do you play violent video games?
- When should you feel guilty for killing zombies?
- Who are your opponents in online gaming?
- Do you like watching other people play video games?
- How careful are you online?
- Do you ever seek advice on the internet?
- How do you know if what you read online is true?
- How much do you trust online reviews?
- How do you use wikipedia?
- What are your favourite internet spoofs?
- What are your favourite viral videos?
- What would you teach the world in an online video?
- What are your experiences with internet-based urban legends?
- What story does your personal data tell?

- Do you worry about the lack of anonymity in the digital age?
- Do you wish you had more privacy online?
- Have you ever been scammed?
- How do you use facebook?
- What is your facebook persona?
- What memorable experiences have you had on facebook?
- Does facebook ever make you feel bad?
- Would you consider deleting your facebook account?
- Do you have 'instagram envy'?
- Do you use twitter?
- Why do you share photos?
- How do you archive your life?
- Have you ever posted, emailed or texted something you wish you could take back?
- Have you ever sent an odd message because of auto-correct?
- Would you want your photo or video to go viral?
- Do you worry colleges or employers might read your social media posts someday?
- What are you listening to?
- Who in your life introduces you to new music?
- How much is your taste in music based on what your friends like?
- What music inspires you?
- How closely do you listen to lyrics?
- Which pop music stars fascinate you?
- Who is your favourite pop diva?
- What's your karaoke song?
- What song/artist pairings would you like to hear?
- What were the best movies you saw in the past year?
- What movies do you watch, or reference, over and over?
- What movies, shows or books do you wish had sequels, spinoffs or new episodes?
- Do you like horror movies?
- Who are your favourite movie stars?
- Would you pay extra for a 3-d movie?
- What is your favourite comedy?
- What are the best live theatrical performances you've ever seen?
- Have you ever stumbled upon a cool public performance?
- What role does television play in your life and the life of your family?
- What television shows have mattered to you?
- Do your television viewing habits include 'binge-watching'?
- How often do you watch a television show when it originally airs?
- What old television shows would you bring back?
- Why do we like reality shows so much?
- What ideas do you have for a reality show?
- What are your favourite commercials?
- How much are you influenced by advertising?
- Read any good books lately?
- Do you read for pleasure?
- What are your favourite books and authors?
- What are the best things you've read, watched, heard or played this year?
- What are your favourite young adult novels?
- What's on your summer reading list?
- What memorable poetry have you ever read or heard?
- What are your favourite cartoons?
- What magazines do you read, and how do you read them?
- Do you enjoy reading tabloid gossip?
- When have you seen yourself and your life reflected in a book or other media?
- Do you prefer your children's book characters obedient or contrary?
- Do you read e-books?
- Would you trade your paper books for digital versions?

- To what writer would you award a prize?
- Why do you write?
- Do you keep a diary or journal?
- Do you have a blog?
- Do you want to write a book?
- When do you write by hand?
- Do you write in cursive?
- Do you write in your books?
- What ‘mundane moments’ from your life might make great essay material?
- What’s the coolest thing you’ve ever seen in a museum?
- What are the most memorable works of visual art you have seen?
- What are your favourite works of art?
- What are your favourite and least favourite words?
- What words or phrases do you think are overused?
- How much slang do you use? What are your favourite (printable) words?
- How much do you curse? Why?
- Why do so many people say ‘like’ and ‘totally’ all the time?
- Do you sometimes ‘hide’ behind irony?
- How good is your grammar?
- What new emoticons does the world need?
- Are you fluent in vocal fry, creaky voice or uptalk?
- How much information is ‘too much information’?
- When did you last have a great conversation?
- Do you speak a second, or third, language?
- When do you remember learning a new word?
- Do you like school?
- What are you really learning at school?
- What are you looking forward to, or dreading, this school year?
- Would you want to be home-schooled?
- Would you like to take a class online?
- Would you rather attend a public or a private high school?
- How would you grade your school?
- What can other schools learn — and copy — from your school?
- Is your school day too short?
- What do you hope to get out of high school?
- Do you have too much homework?
- Does your homework help you learn?
- What is your best subject?
- What memorable experiences have you had in learning science or math?
- Are you afraid of math?
- Do we need a new way to teach math?
- What are the best ways to learn about history?
- How would you do on a civics test?
- How important is arts education?
- What is your most memorable writing assignment?
- What would you like to have memorised?
- Does your school value students’ digital skills?
- What was your favourite field trip?
- Do you participate in class?
- What are your best tips for studying?
- Do you use study guides?
- Is everything you’ve been taught about study habits wrong?
- How well do you think standardised tests measure your abilities?
- Do you have a tutor?
- Are your grades inflated?
- When has a teacher inspired you?
- What teacher do you appreciate?

- What teacher would you like to thank?
- What do you wish your teachers knew about you?
- Do your test scores reflect how good your teachers are?
- Do your teachers use technology well?
- What role do school clubs and teams play in your life?
- Who has the power in school social life?
- How big a problem is bullying or cyberbullying in your school or community?
- Does your school seem integrated?
- What's the racial makeup of your school?
- Do you ever 'mix it up' and socialize with different people at school?
- Can students at your school talk openly about their mental health issues?
- Is your school a 'party school'?
- How common is drug use in your school?
- Do you know people who cheat on high-stakes tests?
- How does your school deal with students who misbehave?
- How much does your life in school intersect with your life outside school?
- Would you ever go through hazing to be part of a group?
- Where do you want to go to college?
- What are your sources for information about colleges and universities?
- Is college overrated?
- What personal essay topic would you assign to college applicants?
- What qualities would you look for in a college roommate?
- What would you do with a gap year?
- What makes a graduation ceremony memorable?
- How do you feel about proms?
- What are your longtime interests or passions?
- Do you have a life calling?
- What do you want to do with your life?
- Do you think you will have a career that you love?
- What investment are you willing to make to get your dream job?
- Would you consider a non-traditional occupation?
- Would you want to be a teacher?
- What hidden talents might you have?
- What do you hope to be doing the year after you graduate from college?
- Would you rather work from home or in an office?
- What career or technical classes do you wish your school offered?
- What 'back-to-the-land' skills do you have, or wish you had?
- What have you made yourself?
- What would you create if you had funding?
- How did you start doing something you love?
- Did you ever take a break from doing something you love?
- What have you done to earn money?
- Do you have a job?
- Would you quit if your values did not match your employer's?
- What are your attitudes toward money?
- Can money buy you happiness?
- Where do you see yourself in 10 years?
- What do you want to be doing when you're 80?
- Do you want to live to 100?
- What do you want your obituary to say?
- Have you ever been in love?
- What are the most meaningful relationships in your life?
- What advice would you give to somebody who just started dating?
- What are the basic 'rules' for handling break-ups?
- What are your beliefs about marriage?
- Are you allowed to date?
- Is dating a thing of the past?

- Do you have a best friend?
- How do you feel about introducing friends from different parts of your life?
- How should you handle the end of a friendship?
- How often do you have 'deep discussions'?
- Do you like to exercise?
- How has exercise changed your health, your body or your life?
- Why do you play sports?
- What is the most memorable sporting event you've ever watched or played in?
- What's the most impressive sports moment you've seen?
- When has a sports team most disappointed you?
- What sports teams do you root for?
- Does being a fan help define who you are?
- How far would you go to express loyalty to your favourite teams?
- What fan memorabilia would you pay big bucks for?
- What rules would you like to see changed in your favourite sports?
- What game would you like to redesign?
- What are your favourite games?
- Where in the world would you travel if you could?
- What is your fantasy vacation?
- What would your fantasy road trip be like?
- What crazy adventure would you want to take?
- How has travel affected you?
- What famous landmarks have you visited?
- What's the coolest thing you've ever seen in nature?
- What are the best souvenirs you've ever collected while travelling?
- Would you like to live in another country?
- Would you want to be a space tourist?
- What does your hairstyle say about you?
- How far would you go for fashion?
- What are the hot fashion trends at your school right now?
- Do you have a signature clothing item?
- Has anyone ever said that you look like someone famous?
- Would you ever consider getting a tattoo?
- What are your opinions on cosmetic surgery?
- Do photoshopped images make you feel bad about your own looks?
- What are your sleep habits?
- How much of a priority do you make sleep?
- Do you get enough sleep?
- What health tips have worked for you?
- What's your favourite store? Why?
- To what company would you write a letter of complaint or admiration?
- To what business would you like to give advice?
- How would you make over your mall?
- Do you shop at locally owned businesses?
- What are the best things you've acquired secondhand?
- How important is it to have a driver's license?
- What are the most memorable meals you've ever had?
- What's your favourite holiday food memory?
- What's your comfort food?
- What are your favourite junk foods?
- What food would you like to judge in a taste-off?
- Do you prefer your tacos 'authentic' or 'appropriated'?
- Do you pay attention to nutrition labels on food?
- How concerned are you about where your food comes from?
- Are your eating habits healthy?
- What are your 'food rules'?
- Do you eat too quickly?

- What do you eat during the school day?
- Do you eat cafeteria food?
- How much food does your family waste?
- What messages about food and eating have you learned from your family?
- What's your favourite restaurant?
- What restaurant would you most like to review?
- Do you cook?
- What would you most like to learn to cook or bake?
- How can people make the most of long holiday weekends?
- What's your Sunday routine?
- What's on your fall fashion shopping list?
- Will you be wearing a Halloween costume this year?
- Do you like scary movies and books?
- Do you believe in ghosts?
- What are your thanksgiving traditions?
- What are your tips for enjoying the holiday season?
- How will you spend the holiday break?
- Do you make New Year's resolutions?
- How do you fight the winter blues?
- What are your experiences with severe weather?
- How do you feel about valentine's day?
- How do you celebrate spring?
- What would your fantasy spring break be like?
- How careful are you in the sun?
- What are you looking forward to this summer?
- What would your ideal summer camp be like?
- What are your favourite summer hangouts?
- What's your favourite summer food?
- What is your favourite summer movie?
- Do you have a summer job?
- Do you choose summer activities to look good on applications?
- What are the best things you did this summer?
- How do you prepare to go back to school?
- How would you like to help our world?
- What cause would get you into the streets?
- What would you risk your life for?
- When have you spoken out about something you felt had to change?
- What would you invent to make the world a better place?
- How do you feel about zoos?
- What is your relationship with guns?
- Do you trust your government?
- Do you know your first amendment rights?
- Do you worry about terrorism?
- Do you believe in intelligent alien life?
- Given unlimited resources, what scientific or medical problem would you investigate?
- What would you do if you were president?
- Would you vote this year if you could?
- What event in the past do you wish you could have witnessed?
- What are the most important changes, in your life and in the world, in the last decade?
- What do you remember about Sept. 11, 2001?
- What news stories are you following?
- How do you get your news?
- Why should we care about events in other parts of the world?
- What questions do you have about how the world works?
- What big questions do you have?
- What would you do if you won the lottery?
- What superpower do you wish you had?

- What era do you wish you had lived in?
- Would you want to be a tween or teen star?
- Would you want to grow up in the public eye?
- What kind of robot would you want?
- What would you outsource if you could?
- What would you like to learn on your own?
- What would you wait in line for?