

100 QUESTIONS

FOR DISCOVERING YOURSELF

ARE YOU GENERALLY OPTIMISTIC OR PESSIMISTIC?

WHAT WOULD YOU CHANGE ABOUT YOURSELF IF YOU COULD?

WHAT APPS DO YOU USE MOST OFTEN?

WHAT'S THE NICEST COMPLIMENT YOU'VE EVER RECEIVED?

IF YOU WERE A COLOR, WHAT WOULD YOU BE?

WHAT THREE THINGS COULD YOU NOT LIVE WITHOUT?

WHAT WAS THE LAST ARGUMENT YOU HAD ABOUT?

HOW DID YOU MEET YOUR BEST FRIEND?

DO YOU HAVE ANY COLLECTIONS?

WHAT WOULD YOU NEVER WANT TO CHANGE?

WHAT ARE YOUR FAVORITE WORDS?

DO YOU THINK EVERYTHING WILL WORK OUT FOR THE BEST?

WHO DID YOU LAST SAY "I LOVE YOU" TO?

WHAT WORD (OR SOUND) MAKES YOU CRINGE?

DO YOU ALWAYS FINISH WORK ON TIME?

WHERE DID YOU TAKE YOUR FIRST VACATION?

WOULD YOU BE DESCRIBED AS SPONTANEOUS?

DO YOU READ YOUR HOROSCOPE?

IF YOU COULD BE AN EMOJI, WHAT WOULD YOU BE?

HOW DO YOU REACT TO CRITICISM?

WOULD YOU RATHER BE TOO HOT OR TOO COLD?

DO YOU BELIEVE IN GHOSTS/SPIRITS?

HOW LONG DOES IT TAKE YOU TO GET READY?

DO YOU HAVE A GOOD RELATIONSHIP WITH YOUR PARENTS?

IS THERE SOMEONE THAT YOU MISS?

DO YOU REGRET ANYTHING YOU'VE DONE?

WOULD YOU LIVE IN A BOOK/FILM IF YOU COULD?

HOW WOULD YOU PREFER TO DIE?

WHAT DO YOU THINK PEOPLE NOTICE ABOUT YOUR FIRST?

WHO KNOWS YOU BETTER THAN ANYONE?

WHAT ONE WORD DESCRIBES HOW YOU'RE FEELING RIGHT NOW?

ARE YOU OFTEN EARLY, ON TIME, OR LATE?

WHAT SCARES YOU THE MOST?

WOULD YOU GO BACK IN TIME IF YOU COULD?

DO YOU BELIEVE IN YOURSELF?

WHEN WAS THE LAST TIME YOU HAD A PASSIONATE KISS?

IS IT EASIER FOR YOU TO FORGIVE OR TO FORGET?

WHO IS THE MOST INTELLIGENT PERSON YOU KNOW?

WHAT WAS/IS YOUR BEST SCHOOL SUBJECT?

WHAT'S THE MOST IMPORTANT QUALITY IN A PARTNER?

ARE YOU IN LOVE RIGHT NOW?

HAVE YOU EVER BROKEN SOMEONE'S HEART?

DO YOU ENJOY PLAYING BOARD OR VIDEO GAMES?

WHO CARES A LOT ABOUT YOU?

HOW WOULD YOU SPEND A MILLION DOLLARS?

WHAT WAS THE LAST DREAM YOU CAN RECALL ABOUT?

WHO WAS THE LAST PERSON WHO SAW YOU CRY?

DO YOU GIVE SECOND CHANCES?

WHAT'S THE LAST THING YOU DID BEFORE BED LAST NIGHT?

WHICH WAS THE BEST YEAR OF YOUR LIFE?

HOW DO YOU FEEL ABOUT BEING NAKED?

DO YOU BELIEVE EVERYTHING HAPPENS FOR A REASON?

COULD YOU LIVE AS A HERMIT?

WOULD IT BE HARD TO KISS THE LAST PERSON YOU KISSED?

HOW DO YOU FEEL WHEN YOU WAKE UP?

IS DISHONESTY EVER OKAY?

DO YOU BELIEVE IN LOVE AT FIRST SIGHT?

WHAT'S YOUR CURRENT RELATIONSHIP STATUS?

ARE YOU RELIGIOUS? SPIRITUAL?

WHO DID YOU LAST HAVE A DEEP CONVERSATION WITH?

DO YOU LIKE YOUR NAME AND/OR NICKNAME?

TO GET TO KNOW YOU, WHAT SHOULD SOMEONE READ, WATCH, OR LISTEN TO?

WHAT QUALITIES DO YOU ADMIRE IN OTHERS?

HOW WOULD YOU SPEND YOUR IDEAL DAY?

WHAT FIVE THINGS DO YOU SPEND THE MOST TIME DOING?

WHAT IS THE LAST SONG YOU HEARD?

WHEN DID YOU LAST LAUGH REALLY, REALLY HARD?

DO YOU FEEL YOUR OUTSIDE APPEARANCE FAIRLY REPRESENTS THE REAL YOU?

WHAT IS ONE OF YOUR FAVORITE QUOTES?

IF YOU COULD LIVE ANYWHERE, WHERE WOULD YOU LIVE?

WHAT'S THE NICEST THING YOU'VE EVER DONE?

DO YOU WISH ON STARS, LUCKY NUMBERS, EYELASHES?

WHAT'S YOUR BIGGEST PET PEEVE?

HOW DID YOU CELEBRATE YOUR LAST BIRTHDAY?

WHAT AGE HAVE YOU MOST ENJOYED BEING?

WHY DO YOU LOVE YOUR FAVORITE AUTHOR OR MUSICIAN?

HOW DO YOU FEEL ABOUT TECHNOLOGY?

WHAT SEASON BRINGS YOU THE MOST JOY?

DO YOU CONSIDER YOURSELF DETAIL-ORIENTED?

WHAT TV SHOW DID YOU LIKE BEST AS A KID?

WOULD YOU RATHER GIVE A GIFT OR RECEIVE A GIFT?

DO OFTEN MAKE JOKES?

WHEN DID YOU LAST MAKE A NEW FRIEND?

WHAT IS THE GREATEST ACCOMPLISHMENT OF YOUR LIFE?

ARE YOU LOOKING FORWARD TO SOMETHING RIGHT NOW?

WHICH WEBSITE DO YOU VISIT MOST OFTEN?

DO YOU MATCH THE TRAITS OF YOUR ZODIAC SIGN?

ARE YOU AFRAID OF THE DARK?

WHAT IS THE MOST TROUBLE YOU'VE GOTTEN INTO?

IF YOU COULD TELL YOUR YOUNGER SELF ONE THING, WHAT WOULD IT BE?

WOULD YOU RATHER GIVE UP TV OR THE INTERNET?

HAVE YOU CHANGED A LOT IN THE LAST DECADE?

IF YOU COULD HAVE ANY TALENT, WHAT WOULD IT BE?

WHAT'S THE MOST PAINFUL LOSS YOU'VE EXPERIENCED?

WHEN WERE YOU LAST EMBARRASSED?

WOULD YOU LIKE TO BE FAMOUS?

DO YOU OFTEN SING IN THE SHOWER?

IF YOU COULD SEE YOUR FUTURE, WOULD YOU WANT TO?

WHAT IS YOUR EARLIEST MEMORY?

WHAT ARE YOU MOST GRATEFUL FOR IN YOUR LIFE?

THIS COLLECTION OF SELF-DISCOVERY QUESTIONS WAS CREATED
BY DANI DIPIRRO FOR POSITIVELYPRESENT.COM.

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