

1. What is the most difficult situation you've lived through? The thing, that at the time, you thought "this is going to kill me" or "this is going to destroy me", but it didn't.

2. We are bombarded by the ugly of humans daily, but what is something that you've witnessed or experienced that restored your faith in the goodness of humanity?

3. Some people say "life is a journey" or "life is a dance" or "life is a struggle". What do you say life is? How do you define it and why?

4. What is something that you struggle with and have to overcome often within yourself on a regular basis, that very few people know or would understand if they did know?

5. If you could give life advice to others, what would it be? Finish this sentence, Don't waste your life _____

6. If your very best years are yet to come, what are you most looking forward to?