

What is something that made you laugh this last week?

What is a topic or skill you would love to learn more about?

Share 3 things you like most about yourself?

What is your proudest accomplishment?

Describe your ideal day- what things/people would that include?

What motivates you to work hard?

What did you want to be when you were small?

What's your favourite thing to do when connecting with friends?

What recharges you and gives you a boost of energy?

How would your friends describe you?

What is the best gift you have been given and why?

What is the most daring or creative thing you have done?

Do you have a mantra, favourite famous or inspirational quote that you love?

What's the best piece of professional advice you have been given?

What is one thing you have learnt through the pandemic?

What is your favourite season for outdoor activities? What do you like to do?

What quality do people admire about you most?

What fictional character do you most relate to and why?

What are three positive words others would use to describe you?

What part of your daily routine do you look forward to everyday?