

365 Chances to Tell Your Story

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Instructions

- A. Find a journal you love.
- B. Answer one question each day (feel free to go out of order.) The more words the merrier, but don't wear yourself out. Aim for one page per day.
- C. One year later...Go back and review your answers. Have you changed?
- D. What's still the same? What stories are here that you would love to tell? What stories do others need to hear? Use your answers to develop stories that showcase who you really are.
- E. Repeat!

Here we go!

1. What would you love to write a book about?
2. What would you love to make?
3. Who taught you a skill that you couldn't live without?
4. If you could go back in time, what would you want to change?
5. If a genie appeared to grant you three wishes, what would you wish for?
6. What's the worst thing that could happen?
7. What would your life be like if it was exactly how you wanted?
8. If you could invite just one person to lunch, and know they would say yes, who would it be?
9. What is more unforgivable, murder or lying?
10. When have you been very excited for something?

11. When have you felt totally at peace?
12. Who do you trust the most?
13. Who has betrayed you?
14. Who do you admire?
15. When have you been totally bored?
16. What makes you sad when you think about it for too long?
17. Do you prefer working alone or in groups? Why?
18. What are your favorite kinds of movies?
19. What gifts have you been given recently?
20. What is grief?
21. What do you think is amazing?
22. When are you the most distracted?
23. Do you think you are an optimist or a pessimist? Why?
24. Do you think you are introvert or an extrovert? Why?
25. When have you really, really wanted something?
26. You're offered a vacation. Would you like 3 months alone in a lakeside fishing cabin or a safari through Africa with 12 friends?
27. Where would you really like to go?
28. What usually gets you out of bed in the morning?
29. If you were an animal, which would you be?
30. When have you had a ton of fun?
31. When have you laughed so hard your stomach hurt?

32. Would you rather be a bird or a fish?
33. What have you been surprised?
34. What truly confuses you?
35. What are you keeping secret?
36. What absolutely grosses you out?
37. What did you dream about last night?
38. Who do you look up to as a role model?
39. What's your favorite food? Why?
40. What's your favorite place? Why?
41. What's your favorite thing to do? Why?
42. What did you used to love doing that you don't do anymore?
43. What have you always wanted to try?
44. What is your most prized possession?
45. What is the sickest you've ever been?
46. When have you felt undeniably strong?
47. When have you done something even though you didn't want to do it?
48. What is your favorite article of clothing?
49. What's the most memorable sex or romantic intimacy you've ever had?
50. It's your 100th birthday. A small child asks you, what's the secret to a happy life. What do you say?
51. If you could trade places with a fictional character, who would you trade places with and why?

52. What is love?
53. When have you felt super turned on?
54. When have you felt guilty?
55. When have you felt so happy you thought it was the happiest moment of your life?
56. Do you have any scars? How did you get the big one?
57. How did you meet your best friend?
58. Would you rather be able to fly or be invisible?
59. Would you rather not be able to read and write or not be able to speak?
60. Describe your dream date. What is the person like? What do you do? Where do you go?
61. What do you talk about?
62. When have you failed?
63. What has made you seething mad?
64. What has been your greatest mistake?
65. When was a time you were disappointed?
66. What's more important, being nice or being honest?
67. What has been your biggest win?
68. Describe one moment you will always be grateful for.
69. Is it possible to believe something you know isn't true? Why do you think that?
70. Describe your perfect day.
71. Describe your dream house.
72. So, what do you do?
73. Describe your dream partner.

74. When did you almost get caught?
75. What's the strangest dream you've ever had?
76. What is the best meal you've ever had?
77. What is your first memory?
78. How was your first date? What happened?
79. Would you rather you never be able to text again or never be able to use the phone again?
80. Life is...
81. Nature is...
82. What is the strangest thing you ever saw?
83. What is the biggest lie you've ever told?
84. What's one time you thought to yourself, why did I do that?!
85. What is most embarrassed you've ever been?
86. Describe a perfect vacation.
87. What's your guilty pleasure?
88. What's the best party you've ever been to?
89. What is the scariest situation you've ever been in?
90. What did you do yesterday?
91. What are your plans for tomorrow?
92. What do you hope to accomplish this year?
93. What do you hope to accomplish in the next five years?

94. What do you think will be very important to teach your children? (or your friend's children)
95. When is the first time you remember feeling sexual?
96. In your opinion, what makes a great kiss?
97. What's great about school?
98. What's terrible about school?
99. Is there anything you'd like to stop doing? Why do you do it?
100. Is there anything you'd like to start doing? What's keeping you from starting?
101. Who is your best friend? What do you imagine for their future?
102. What advice would you give yourself at thirteen years old?
103. What big decision are you facing now?
104. What would you do differently if you had the chance?
105. What ice cream is your favorite flavor? Why is that better than all of the rest?
106. What do you regret?
107. What do you hope to accomplish in the next 10 years?
108. How is your mood today?
109. What is the most dangerous thing you've ever done?
110. What do you hope to accomplish before you die?
111. What advice would you give yourself at eighteen years old?
112. What advice would you give yourself at 30 years old?
113. What's your favorite restaurant?
114. What's the most beautiful thing you've ever seen?

115. What activities do you truly enjoy doing?
116. What have you accomplished in your life that has given you the greatest sense of pride and satisfaction?
117. How do you want your family and friends to remember you when you're gone?
118. What do you want to be famous for?
119. What would you do if you won a million dollars?
120. What would you do if you had 6 months to live?
121. Describe your family today.
122. What would you love to learn?
123. If you were to write an autobiography of your life, what would the title be? Why?
124. What are you really good at?
125. How would you describe yourself to a total stranger?
126. Describe your ideal self, the person you aspire to be.
127. What games do you like to play?
128. What's your favorite movie? Why?
129. Who is your favorite fictional character? Why?
130. What would the world be like if everyone was just like you?
131. What would you like to spend your free time doing?
132. If you suddenly found yourself with a week off alone, which would you do?
133. How do you feel about God?
134. If money were no object, what would you be doing with your life?
135. People are...

136. Work is...
137. The internet is...
138. Social media is...
139. Knowledge is...
140. Government is...
141. What's more important, growing or giving?
142. What does society need?
143. A man drops his wallet on the train platform just before boarding the train. You can't reach him. What do you do?
144. Books are...
145. What do you wish you would forget?
146. Technology is...
147. If you were to start a business or organization that would solve a need, what would it be?
148. What's your favorite childhood memory?
149. Imagine you are very old. How would you answer a child who asks "What are you most proud of in your life?"
150. What issue would you like to see someone write a bestselling book about?
151. Who would you like to spend more time with?
152. How could you spend more time with them?
153. What do you collect? Why?
154. If you could only choose one, would you rather be intelligent or beautiful?
155. What's your favorite book? Why?

156. What kind of music do you like to listen to?
157. What's your favorite song?
158. What does it mean to you?
159. What do you love to learn about?
160. What moment do you wish you could relive?
161. If you were a superhero, what would your powers be?
162. What's the most afraid you've ever been?
163. What are you worried about?
164. Would you like to change anything about your body? If yes, what?
165. What's the hardest thing you've ever done?
166. What advice do you think you need to hear?
167. What do you look forward to?
168. What will be different about you a year from now?
169. What book or movie has had the biggest impact on your life?
170. What habits do you have that are not getting you closer to your goals?
171. What's so important you think everyone should know?
172. What's one of the greatest lessons you've learned?
173. What do you wish everyone knew, but no one seems to?
174. What do people usually get wrong about you?
175. What do other people think of you?
176. Describe yourself.
177. Do you believe in magic? Why?

178. What have you tried really hard at?
179. Describe a time you fell down. Literally.
180. Do you like to work in long stretches or take lots of breaks?
181. What's more productive for you?
182. What is one thing you really want?
183. Write a poem to one of your body parts.
184. Write a poem to your least favorite emotion.
185. What's the worst thing you've ever tasted?
186. When was the last time you did something just for you? What was it?
187. What do you like to give someone?
188. What would you appreciate today?
189. Do you believe in karma? Why?
190. Who are your favorite people?
191. Who do you want to impress?
192. Who are you strong for?
193. What do you think you can achieve?
194. If you could give yourself a new name, what would it be?
195. How are men and women different?
196. What's the real difference between humans and animals?
197. What does being hungry feel like?
198. What's the most painful thing you've ever experienced?

199. What have you given up to get what you have today?
200. When have you felt really awkward?
201. Describe a time when you burst into tears.
202. What still makes you cry when you think about it?
203. What are your strengths?
204. What are you really good at?
205. What are your weaknesses?
206. What would you pay someone handsomely to do the right way?
207. What question has been playing in your head today?
208. If you had to pick one food to eat for the rest of your life, what would it be?
209. Have you ever been in love? What was it like?
210. If you could go forward in time to see one moment, what would you like to see?
211. When was a time you felt like a total badass?
212. What's the difference between right and wrong?
213. What are you irrationally afraid of?
214. If you had to pick one, which fictional character do you identify with the most?
215. What makes something true?
216. When have you been in a big fight?
217. When have you apologized and really meant it?
218. When have you apologized and not really meant it?
219. Describe a time you felt excluded.
220. When have you walked so far that your feet ached?

221. What has been the favorite vacation you've taken?
222. Who are you proud of? Who are you grateful to know?
223. If you could pick any five people, who would you select for your zombie apocalypse survival task force?
224. When have you really appreciated the silence?
225. What have you had to wait a long time for?
226. What have you been surprised to learn?
227. What are you truly afraid of?
228. Describe a time when you've stayed awake all night.
229. What's your favorite sleeping position?
230. Describe a day that you woke up very early.
231. Describe a time you've felt very loved.
232. When have you done something you immediately regretted?
233. Do you think you create your own destiny or that you are being guided? Why?
234. When have you felt like you were among your tribe?
235. When have you felt weak?
236. Where have you felt the presence of something greater than yourself?
237. Are in pain now? What hurts?
238. Why do you think we dream?
239. What did you love most about the place you grew up?
240. What did you love the least about the place you grew up?
241. Cats or dogs? Why!?

242. What do you love most about where you live now?
243. What do you wish you could change about where you live now?
244. Do you have a nickname? How did you get it?
245. What bothers you deeply?
246. What are five of your little pet peeves?
247. Do you believe in ghosts? What motivates you?
248. If you could trade lives with another person for a day, who would it be? Why?
249. What do you think you probably should give up?
250. What art has really touched you?
251. What book are you reading now, or what's the last book you read?
252. Who inspires you?
253. What would you relish destroying?
254. What were you like ten years ago?
255. What websites do you visit the most?
256. What's the best gift you've ever received?
257. What's the best advice you've ever received?
258. When have you felt incredibly lucky?
259. What do you feel people take for granted the most?
260. What do you take for granted?
261. What's the worst job you've ever had?
262. When you were little, what did you want to be when you grew up?

263. When have you felt like a rebel?
264. What is your favorite thing to do when you're alone?
265. Would you rather receive kind words or a small gift?
266. What are your favorite traditions?
267. Where have you traveled?
268. Where in the world would you most like to live?
269. Are you a morning person or a night owl? Why?
270. Do you believe in aliens? How?
271. When have you been sick? How did you get better?
272. Describe a time you got an offer that you flat out refused.
273. What has been surprisingly painless?
274. What three people do you spend the most time with?
275. What is your earliest memory?
276. Describe a time you got caught.
277. How have you made it to this moment?
278. What's your most vivid childhood memory?
279. How do you feel about the outdoors?
280. When have you felt at one with nature?
281. What would you spend all day doing if you could?
282. Would you rather never be able to trim your nails or never be able to trim your hair (any of it)?
283. What is the best concert you've been to?

284. If you could jump into a pool of anything, what would it be?
285. How do you feel about eating meat? Why?
286. What's your favorite toy?
287. Do you prefer to obey or break the rules? How so?
288. How did you meet your best friend?
289. What keeps you sane?
290. What's the most pleasant dream you've ever had?
291. You can only use one kind of utensil to eat with for the rest of your life. What do you choose?
292. What's the most disturbing thought you've ever had?
293. What do you want to change about this world?
294. Describe a time you held hands with someone.
295. When have you made something you were proud of?
296. How did you discover your favorite thing?
297. Who introduced you to your passion?
298. How do you feel about sugar? When does time always seem to fly?
299. What do you like to read?
300. What movie have you watched again and again?
301. What's the strangest thing you've ever eaten?
302. What's the weirdest thing that's ever happened to you?
303. Describe a time you forgot something important.
304. When has someone given you flowers?

305. What stories do you love to tell?
306. How do you feel about bread?
307. What stories do people keep asking you to tell?
308. What stories do you love to hear?
309. Have you ever hated something? Who or what? How did it feel?
310. Describe a time you witnessed the beginning of something.
311. When have you seen death?
312. Have you ever come near death? What happened?
313. Describe a time you were caught in the rain.
314. Who do you not spend enough time with?
315. Describe the last kind thing you did for someone.
316. What do you miss?
317. Do you think mostly about the past, present, or future?
318. Who is the best at what you want to do professionally?
319. What did you love to play when you were a kid?
320. What's the funniest joke you know?
321. What are your parents like?
322. How did you do dinners at your house growing up?
323. Did you have pets growing up? What were they like?
324. Do you have pets now? What are they like?
325. What do you do before you go to bed?
326. Has anyone cheated you? What happened?

327. Do you believe in love at first sight? Why?
328. What have you cheated at?
329. Who are you always excited to see?
330. Describe your morning routine.
331. Where is your favorite place to sit?
332. If you had to choose, who or what is your nemesis?
333. Do you prefer showers or baths? Why?
334. What's your favorite invention?
335. Who do you turn to first when you need advice?
336. What special talents do you have?
337. Name all the activities you do every day.
338. What are you trying to remember?
339. Do you like to cook? What's your specialty dish?
340. When have you enjoyed a fire?
341. When have you been very cold?
342. When have you been very hot?
343. What moment would you never like to relive?
344. The last time you made a wish, what did you wish for?
345. Would you rather lead or follow? Why?
346. Where do you go every week?
347. If you had to pick, which is better, buttons or zippers? Why?

348. Where is your favorite place to walk?
349. Who was your favorite teacher in school?
350. We're having a talent show tomorrow, and you're in it. What will your talent be?
351. What's the last show you went to?
352. What's the best show you've been to?
353. What or who have you named? How did you choose that name?
354. What do you most often find yourself wondering about?
355. Who has helped you?
356. Who supports you?
357. When have you been at a loss for words?
358. What's worse, too much protection or too little? Why?
359. What would a perfect night's sleep be like? How would you get it?
360. Is there such thing as too much freedom? Why?
361. What have you done even though you knew it wouldn't be easy?
362. Who is on your squad?
363. What do you believe that others might say is a bit off the wall?
364. What opportunities have you missed?
365. What do you believe now that you didn't use to?

Has it been a year already? Look back through your answers to discover who you are and all that you have done. Make note of the moments that feel powerful for you. These are the stories you need to tell. Find more ways to tell your story and learn about mine at takarasights.com.

Bon voyage!
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