

INSIDE-OUT QUESTIONS

What makes you smile from your head to your toes?	What are you most proud of about yourself and why?	What makes people dislike other people?
Who is your champion (e.g. someone who believes in you) and how do they make you feel?	What do you think the difference is between want and need when it comes to happiness?	What's one thing you're proud of and why?
What is the most important thing in life for you?	What is your 'why' or your purpose? What gets you out of bed in the morning?	What is one of the most important things you have learned in your life?
What has made you smile this week?	When did you last cry and why?	What is your biggest wish for your family?
What makes a person beautiful to you?	What are you most curious about in life?	What do you need to be happy?
What's one dream that you've tucked away for the moment?	If you had one superpower to help the Earth, what would it be?	Who do you think you could learn the most from at this moment in your life?
What do you treasure most?	Who inspires you the most?	What gives you hope?
What does home mean to you?	If you could be anything in the world what would you be and why?	How do you feel when you're in the woods?
What do you believe in?	What was your most recent act of kindness?	Are you afraid of death?
What makes you laugh until you cry?	Who makes you feel good about yourself?	What does kindness mean to you?