

PERSONAL

ROUTINE

PREFERENCE

GOALS

**FROM THE
HEART**

The background features a smooth gradient from a deep purple on the left to a bright blue on the right. Overlaid on this is a grid of thin, light-colored lines that are slightly curved and distorted, creating a sense of depth and movement. The overall effect is modern and digital.

PERSONAL

**WHAT ONE THING
DO YOU WISH
FOR MORE THAN
ANYTHING ELSE?**

PERSONAL

WHAT MOTIVATES YOU THE MOST?

PERSONAL

WHAT IS THE MEANING OF LIFE TO YOU?

PERSONAL

**WHAT IS THE
SECRET TO BEING
CONTENT IN ALL
CIRCUMSTANCES?**

PERSONAL

**HOW DO YOU MOST
WANT TO BE
REMEMBERED?**

PERSONAL

**WHAT ARE YOU
MOST THANKFUL
FOR?**

PERSONAL

**WHAT'S ONE
QUESTION YOU ARE
ASKING YOURSELF
THESE DAYS?**

PERSONAL

WHAT DRIVES YOU CRAZY?

PERSONAL

**WHAT ARE THE
BEST STEPS YOU'VE
EVER TAKEN IN AN
EFFORT TO
IMPROVE YOUR
HEALTH?**

PERSONAL

**WHAT IS ONE NEW
THING YOU LEARNT
IN THE LAST WEEK?**

PERSONAL

**WHAT LASTING
LESSON DID YOU
LEARN FROM
YOUR PARENTS?**

PERSONAL

**WHAT'S SOMETHING
YOU SHOULD
THROW AWAY, BUT
CAN'T? EXPLAIN.**

PERSONAL

**WHAT IS ONE HABIT
YOU ARE TRYING
TO CREATE?**

PERSONAL

**HOW MANY DAYS
DO YOU THINK YOU
CAN LAST ALONE
WITHOUT ANYONE
TO TALK TO? HOW
WOULD YOU DO IT?**

PERSONAL

HOW DO YOU RELIEVE STRESS?

PERSONAL

**WHOM DO YOU
MOST ADMIRE?
WHY?**

PERSONAL

**WHAT DO YOU
TAKE FOR GRANTED
THE MOST?**

PERSONAL

**WHAT'S YOUR
CHILDHOOD
NICKNAMES? DID
YOU LIKE IT?**

PERSONAL

**HOW HAS
SOMEONE
INSPIRED YOU?**

PERSONAL

**WHAT'S THE MOST
IMPORTANT THING
TO YOU?**

PERSONAL



ROUTINE

**TO FEEL RESTED,
HOW MANY
HOURS OF SLEEP
DO YOU NEED
EACH NIGHT?**

ROUTINE

**AT WHAT TIME OF
THE DAY DO YOU
FEEL YOUR BEST?**

ROUTINE

**WHAT IS YOUR
MOST UNUSUAL
NIGHT TIME OR
MORNING RITUAL?**

ROUTINE

**WHAT DO YOU DO
WHEN YOU WANT
TO RELAX?**

ROUTINE

**WHICH BOOK
LEFT THE BIGGEST
IMPACT ON YOU?**

ROUTINE

**WHAT IS THE
LAST THING THAT
YOU THINK OF
BEFORE YOU GO
TO SLEEP?**

ROUTINE

**WHAT KIND OF
SHOWS/MOVIES
DO YOU LIKE
TO WATCH?**

ROUTINE

**WHAT WAS THE
LAST BOOK YOU
READ?**

ROUTINE

**WHAT IS YOUR
MORNING
ROUTINE LIKE?**

ROUTINE

**WHAT FORM
OF TRANSPORT
DO YOU USE
EVERYDAY TO
WORK/SCHOOL?**

ROUTINE

**DO YOU WATCH
SPORT? WHICH
SPORTS DO YOU
ENJOY?**

ROUTINE

HOW DO YOU HANDLE ANGER?

ROUTINE

WHAT DOES YOUR IDEAL DAY LOOK LIKE?

ROUTINE

**WHAT TYPE OF TV
DRAMA DO YOU
LIKE TO WATCH?**

ROUTINE

**WHAT
FRUSTRATES
YOU THE MOST?**

ROUTINE

HOW MUCH SCREEN TIME DO YOU HAVE?

ROUTINE

**WHAT'S YOUR
FAVOURITE DISH
TO COOK? WHY?**

ROUTINE

**WHAT'S
SOMETHING YOU
INTENDED TO
DO TODAY,
BUT DIDN'T?
WHY NOT?**

ROUTINE

**WHAT IS
SOMETHING THAT
ALWAYS BRINGS
A SMILE TO
YOUR FACE?**

ROUTINE

**WHAT'S ONE OF
YOUR HOBBIES?**

ROUTINE

PREFERENCE

**WHICH IS
YOUR FAVOURITE
CUISINE?
(E.G JAPANESE AND
WESTERN)**

PREFERENCE

**WHAT IS YOUR
FAVORITE GENRE OF
MUSIC, AND HOW
OFTEN DO YOU
LISTEN TO IT?**

PREFERENCE

**WHERE'S YOUR
FAVOURITE PLACE
TO GO WHEN YOU
WANT TO BE
ALONE? WHY?**

PREFERENCE

**WHAT'S YOUR
ALL-TIME FAVORITE
MEAL, AND HOW
OFTEN DO YOU
ENJOY IT?**

PREFERENCE

**WHICH DO YOU
PREFER: THE HUSTLE
AND BUSTLE OF CITY
LIFE OR THE QUIET
AND SERENITY
OF COUNTRY LIFE?
WHY?**

PREFERENCE

**WHAT'S YOUR
FAVOURITE
FAST-FOOD
RESTAURANT AND
HOW OFTEN DO
YOU GO THERE?**

PREFERENCE

**WHAT'S YOUR
FAVORITE
ICE-CREAM BRAND
AND FLAVOR?**

PREFERENCE

WHAT'S THE PHONE APP YOU USE MOST?

PREFERENCE

**HOW DO YOU
PREFER TO LEARN
OR MEMORIZE NEW
INFORMATION?**

PREFERENCE

**ARE YOU A
TRAVELLER OR DO
YOU LIKE STAYING
HOME? EXPLAIN.**

PREFERENCE

**DO YOU HAVE
FAVOURITE QUOTE?
WHAT IS IT?**

PREFERENCE

**DO YOU PREFER
TO PLAN YOUR
VACATION OR BE
SPONTANEOUS?
WHY?**

PREFERENCE

**IF YOU COULD SPEND
ONE HOUR DOING
ABSOLUTELY
ANYTHING, WHAT
WOULD YOU DO?**

PREFERENCE

**DO YOU READ OR
STUDY/WORK BEST
IN SILENCE OR IN
A PLACE WITH
BACKGROUND
NOISE? WHY?**

PREFERENCE

**WOULD YOU
PREFER TO COOK
OR ORDER IN?**

PREFERENCE

**DO YOU PLAY
VIDEO GAMES OR
BOARD GAMES?**

PREFERENCE

**DO YOU PREFER
COFFEE OR TEA?**

PREFERENCE

**DO YOU PREFER TO
STAY IN OR GO OUT?**

PREFERENCE

**WHAT'S YOU
PREFER CLASSIC
OR COMEDY MOVIE?**

PREFERENCE

**DO YOU PREFER
EXERCISING YOUR
MIND OR YOUR
BODY? HOW
FREQUENTLY DO
YOU DO EITHER?**

PREFERENCE

GOALS

**WHAT GOALS HAVE
YOU RECENTLY SET
FOR YOURSELF,
AND HOW ARE YOU
DOING ON THEM
SO FAR?**

GOALS

WHAT MOTIVATES YOU TO KEEP GOING?

GOALS

**WHAT DOES
“SUCCESS” MEAN
TO YOU?**

GOALS

**WHAT IS
SOMETHING YOU
ARE LOOKING
FORWARD TO?**

GOALS

**IF YOU HAD
THE TIME TO
VOLUNTEER FOR
ANY WORTHWHILE
ORGANIZATION,
WHICH ONE WOULD
YOU CHOOSE?
WHY?**

GOALS

**WHAT'S THE
BEST NEW YEAR'S
RESOLUTION
YOU'VE EVER
MADE?**

GOALS

**WHAT'S ONE OF
YOUR GREATEST
ACHIEVEMENTS?**

GOALS

**WHICH OF YOUR
DREAMS HAVE
COME TRUE?**

GOALS

**AT WHAT AGE
DO YOU HOPE TO
RETIRE? EXPLAIN.**

GOALS

**IF YOU COULD
LOOK INTO THE
FUTURE TO FIND
OUT ONE THING,
WHAT WOULD YOU
WANT TO KNOW?**

GOALS

**IS THERE SUCH
A THING AS
“DESTINY”?
WHY OR WHY NOT?**

GOALS

**WHAT DO YOU
THINK IS THE
GREATEST
PROBLEM IN THE
WORLD IS NOW?**

GOALS

**WHAT ARE SOME
THINGS ON YOUR
BUCKET LIST?**

GOALS

**WHAT IMPOSSIBLE
TASK ARE YOU
FACING RIGHT
NOW?**

GOALS

**WHAT DO YOU
THINK IS YOUR
PURPOSE IN LIFE?**

GOALS

**WHAT BIG
CHALLENGE HAVE
YOU TAKEN ON
RECENTLY?**

GOALS

**WHAT LESSON HAS
FAILURE TAUGHT
YOU?**

GOALS

**WHEN HAVE YOU
RECENTLY FELT
OVERWHELMED?
DESCRIBE THE
SITUATION.**

GOALS

**WHAT SCARES YOU
THE MOST ABOUT
THE FUTURE?**

GOALS

**DO YOU HAVE A
“FIVE-YEAR PLAN”?**

GOALS

FROM THE HEART

**ARE YOU A RISK
TAKER? WHY OR
WHY NOT?**

FROM THE HEART

**HAVE YOU EVER
BEEN LET OFF THE
HOOK FOR A
PUNISHMENT YOU
DESERVED? HOW
DID THAT MAKE
YOU FEEL?**

FROM THE HEART

**WAS THERE EVER
A TIME WHEN YOU
WERE IN NEED AND
SOMEONE MET
THAT NEED?**

FROM THE HEART

**WHAT IS THE
BASIS OF YOUR
STANDARD OF
RIGHT AND WRONG?**

FROM THE HEART

**OF THE
FOLLOWING WAYS,
HOW DO YOU MOST
LIKE TO RECEIVE
EXPRESSIONS OF
LOVE: TOUCH,
WORDS, GIFTS, TIME
SPENT TOGETHER, OR
ACTS OF KINDNESS?**

FROM THE HEART

**HAVE YOU
EXPERIENCED
ACTS OF KINDNESS
FROM A TOTAL
STRANGER?
DESCRIBE YOUR
EXPERIENCE.**

FROM THE HEART

**HOW
COMFORTABLE
ARE YOU WITH
UNCERTAINTY?
EXPLAIN.**

FROM THE HEART

**WHO IS THE FIRST
PERSON YOU TELL
WHEN SOMETHING
GOOD HAPPENS
TO YOU?**

FROM THE HEART

**WHO HAS BEEN
YOUR FRIEND THE
LONGEST? HOW
AND WHEN DID YOU
MEET HIM OR HER?**

FROM THE HEART

**WHAT ROOM IN
YOUR HOUSE BEST
REFLECTS YOUR
PERSONALITY?
EXPLAIN WHY.
WHAT'S YOUR
FAVOURITE ROOM
IN YOUR HOME?**

FROM THE HEART

**WHAT ARE SOME
QUALITIES YOU
VALUE IN A FRIEND?**

FROM THE HEART

**WHAT FEAR
WOULD YOU LIKE TO
OVERCOME?**

FROM THE HEART

**WHO IS THE
CLOSEST FRIEND
YOU'VE EVER HAD?
DESCRIBE THAT
RELATIONSHIP.**

FROM THE HEART

**WHEN YOU ARE
HAPPY, HOW DO
YOU LIKE TO
CELEBRATE?**

FROM THE HEART

**WHEN YOU FEEL SAD,
WHAT DO YOU DO
TO FIND COMFORT?**

FROM THE HEART

**HAVE YOU EVER FELT
LIKE YOU WERE
TAKING THREE STEPS
FORWARD BUT TWO
STEPS BACK?
EXPLAIN.**

FROM THE HEART

**WHAT WAS AN
ACT OF KINDNESS
YOU OFFERED OR
RECEIVED?**

FROM THE HEART

WHAT IS YOUR LOVE LANGUAGE?

FROM THE HEART

**WHAT'S THE FIRST
THING THAT COMES
TO MIND WHEN
YOU HEAR THE
WORD "FUN"?**

FROM THE HEART

**WOULD YOU
DESCRIBE
YOURSELF AS AN
EXTROVERT OR AN
INTROVERT?
GIVE AN EXAMPLE.**

FROM THE HEART