What's something small that made you really happy recently?

What's your current comfort show, book, or obsession?

What's a "guilty pleasure" you no longer feel guilty about?

What's the most random thing that makes you feel cozy?

What's a tiny luxury that makes your everyday life better?

What's something about you that people would be surprised to know?

What's a phase of your life that feels like a completely different person?

What's something you used to believe that now makes you laugh a little?

What's your most unhinged teenage or early 20s moment?

If your life had a tagline right now, what would it be?

What's something you've gently let go of in the past few years?

What belief felt the hardest to question?

What did you fear would happen if you changed… that didn't?

What part of your old life felt the most performative?

Where do you feel the most freedom now?

What part of yourself is coming back online?

What feels lighter in your body these days?

What boundary are you proud of holding?

What are you learning to trust in yourself?

What does “feeling like yourself” look like now?

What are you making space for in this next season?

What kind of life are you slowly building?

What do you want more of — no explanation needed?

What does joy look like for you right now?

What do you hope we’re all celebrating together a year from now?