365 Table Topics Questions:

- 1. When was the last time you tried something new?
- 2. Who do you sometimes compare yourself to?
- 3. What's the most sensible thing you've ever heard someone say?
- 4. What gets you excited about life?
- 5. What life lesson did you learn the hard way?
- 6. What do you wish you spent more time doing five years ago?
- 7. Do you ask enough questions or do you settle for what you know?
- 8. Who do you love and what are you doing about it?
- 9. What's a belief that you hold with which many people disagree?
- 10. What can you do today that you were not capable of a year ago?
- 11. Do you think crying is a sign of weakness or strength?
- 12. What would you do differently if you knew nobody would judge you?
- 13. Do you celebrate the things you do have?
- 14. What is the difference between living and existing?
- 15. If not now, then when?
- 16. Have you done anything lately worth remembering?
- 17. What does your joy look like today?
- 18. Is it possible to lie without saying a word?
- 19. If you had a friend who spoke to you in the same way that you sometimes speak to yourself, how long would you allow this person to be your friend?
- 20. Which activities make you lose track of time?
- 21. If you had to teach something, what would you teach?
- 22. What would you regret not fully doing, being or having in your life?
- 23. Are you holding onto something that you need to let go of?
- 24. When you are 80-years-old, what will matter to you the most?
- 25. When is it time to stop calculating risk and rewards and just do what you know is right?
- 26. How old would you be if you didn't know how old you are?
- 27. Would you break the law to save a loved one?
- 28. What makes you smile?
- 29. When it's all said and done, will you have said more than you've done?
- 30. If you had the opportunity to get a message across to a large group of people, what would your message be?
- 31. If the average human lifespan was 40 years, how would you live your life differently?
- 32. What do we all have in common besides our genes that makes us human?
- 33. If you could choose one book as a mandatory read for all high school students, which book would you choose?
- 34. Would you rather have less work or more work you actually enjoy doing?
- 35. What is important enough to go to war over?
- 36. Which is worse, failing or never trying?
- 37. When was the last time you listened to the sound of your own breathing?
- 38. What's something you know you do differently than most people?
- 39. What does 'The American Dream' mean to you?
- 40. Would you rather be a worried genius or a joyful simpleton?
- 41. If you could instill one piece of advice in a newborn baby's mind, what advice would you give?
- 42. What is the most desirable trait another person can possess?
- 43. What are you most grateful for?
- 44. Is stealing to feed a starving child wrong?
- 45. What do you want most?
- 46. Are you more worried about doing things right, or doing the right things?
- 47. What has life taught you recently?
- 48. What is the one thing you would most like to change about the world?

- 49. Where do you find inspiration?
- 50. Can you describe your life in a six word sentence?
- 51. If we learn from our mistakes, why are we always so afraid to make a mistake?
- 52. What impact do you want to leave on the world?
- 53. What is the most defining moment of your life thus far?
- 54. In the haste of your daily life, what are you not seeing?
- 55. If life is so short, why do we do so many things we don't like and like so many things we don't do?
- 56. What lifts your spirits when life gets you down?
- 57. Have you ever regretted something you did not say or do?
- 58. Has your greatest fear ever come true?
- 59. Why do we think of others the most when they're gone?
- 60. What is your most beloved childhood memory?
- 61. Is it more important to love or be loved?
- 62. If it all came back around to you, would it help you or hurt you?
- 63. If you had the chance to go back in time and change one thing would you do it?
- 64. If a doctor gave you five years to live, what would you try to accomplish?
- 65. What is the difference between falling in love and being in love?
- 66. Who do you think stands between you and happiness?
- 67. What is the difference between innocence and ignorance?
- 68. What is the simplest truth you can express in words?
- 69. What gives your life meaning?
- 70. Can there be happiness without sadness? Pleasure without pain? Peace without war?
- 71. What's the one thing you'd like others to remember about you at the end of your life?
- 72. Is there such a thing as perfect?
- 73. To what degree have you actually controlled the course your life has taken?
- 74. What does it mean to be human?
- 75. If you looked into the heart of your enemy, what do you think you would find that is different from what is in your own heart?
- 76. What do you love most about yourself?
- 77. Where would you most like to go and why?
- 78. Is it more important to do what you love or to love what you are doing?
- 79. What do you imagine yourself doing ten years from now?
- 80. What small act of kindness were you once shown that you will never forget?
- 81. What is your happiest childhood memory? What makes it so special?
- 82. Do you own your things or do your things own you?
- 83. Would you rather lose all of your old memories or never be able to make new ones?
- 84. How do you deal with someone in a position of power who wants you to fail?
- 85. What do you have that you cannot live without?
- 86. When you close your eyes what do you see?
- 87. What sustains you on a daily basis?
- 88. What are your top five personal values?
- 89. Why must you love someone enough to let them go?
- 90. Do you ever celebrate the green lights?
- 91. What personal prisons have you built out of fears?
- 92. What one thing have you not done that you really want to do?
- 93. Why are you, you?
- 94. If you haven't achieved it yet what do you have to lose?
- 95. What three words would you use to describe the last three months of your life?
- 96. Is it ever right to do the wrong thing? Is it ever wrong to do the right thing?
- 97. How would you describe 'freedom' in your own words?
- 98. What is the most important thing you could do right now in your personal life?
- 99. If you could ask one person, alive or dead, only one question, who would you ask and what would you ask?
- 100. If happiness was the national currency, what kind of work would make you rich?

- 101. What is your number one goal for the next six months?
- 102. Would you ever give up your life to save someone else?
- 103. Are you happy with yourself?
- 104. What is the meaning of 'peace' to you?
- 105. What are three moral rules you will never break?
- 106. What does it mean to allow another person to truly love you?
- 107. Who or what do you think of when you think of love?
- 108. If your life was a novel, what would be the title and how would your story end?
- 109. What would you not give up for \$1,000,000 in cash?
- 110. When do you feel most like yourself?
- 111. When you help someone do you ever think, "What's in it for me?"
- 112. What is your greatest challenge?
- How do you know when it's time to continue holding on or time to let go?
- How do you define success?
- 115. If someone could tell you the exact day and time you are going to die, would you want them to tell you?
- 116. If I could grant you one wish what would you wish for?
- 117. What have you read online recently that inspired you?
- 118. Why do religions that advocate unity divide the human race?
- 119. If you could live one day of your life over again, what day would you choose?
- 120. What can money not buy?
- 121. If you left this life tomorrow, how would you be remembered?
- Beyond the titles that others have given you, who are you?
- 123. If you could live the next 24 hours and then erase it and start over just once, what would you do?
- 124. Is it possible to know the truth without challenging it first?
- 125. What word best describes the way you've spent the last month of your life?
- 126. What makes everyone smile?
- 127. What do you owe yourself?
- 128. What would your 'priceless' MasterCard-style commercial be?
- 129. Can you think of a time when impossible became possible?
- 130. Why do you matter?
- 131. How have you changed in the last five years?
- 132. What are you sure of in your life?
- 133. When you think of 'home,' what, specifically, do you think of?
- 134. What's the difference between settling for things and accepting the way things are?
- 135. How many of your friends would you trust with your life?
- 136. What's your definition of heaven?
- 137. What is your most prized possession?
- 138. How would you describe yourself in one sentence?
- 139. What stands between you and happiness?
- 140. What makes a person beautiful?
- 141. Is there ever a time when giving up makes sense?
- 142. What makes you proud?
- 143. How do you find the strength to do what you know in your heart is right?
- 144. Where do you find peace?
- 145. When have you worked hard and loved every minute of it?
- 146. How short would your life have to be before you would start living differently today?
- 147. Is it better to have loved and lost or to have never loved at all?
- 148. What would you do if you made a mistake and somebody died?
- 149. Who do you trust and why?
- 150. If you were forced to eliminate every physical possession from your life with the exception of what could fit into a single backpack, what would you put in it?
- 151. When does silence convey more meaning than words?

- 152. How do you spend the majority of your free time?
- 153. Who do you think of first when you think of 'success?'
- 154. What did you want to be when you grew up?
- 155. How will today matter in five years from now?
- 156. How have you helped someone else recently?
- 157. What is your greatest skill?
- 158. Do you see to believe or believe to see?
- 159. How are you pursuing your dreams right now?
- 160. What's the next big step you need to take?
- 161. If today was the last day of your life, would you want to do what you are about to do today?
- 162. If today was the last day of your life, who would you call and what would you tell them?
- 163. Who do you dream about?
- 164. What do you have trouble seeing clearly in your mind?
- 165. What are you looking forward to?
- 166. What is the number one thing you want to accomplish before you die?
- 167. When is love a weakness?
- 168. What has been the most terrifying moment of your life thus far?
- 169. Who is the strongest person you know?
- 170. If you could take a single photograph of your life, what would it look like?
- 171. Is the reward worth the risk?
- 172. For you personally, what makes today worth living?
- 173. What have you done in the last year that makes you proud?
- 174. What did you learn recently that changed the way you live?
- 175. What is your fondest memory from the past three years?
- 176. What are the primary components of a happy life?
- 177. How would the world be different if you were never born?
- 178. What is your favorite song and why?
- 179. With the resources you have right now, what can you do to bring yourself closer to your goal?
- 180. What are your top three priorities?
- 181. Why do we idolize sports players?
- 182. What is the nicest thing someone has ever done for you?
- 183. What do you see when you look into the future?
- 184. What makes you angry? Why?
- 185. What is the most valuable life lesson you learned from your parents?
- 186. What does love feel like?
- 187. What are your favorite simple pleasures?
- 188. If you could go back in time and tell a younger version of yourself one thing, what would you tell?
- 189. What do you do to deliberately impress others?
- 190. What will you never do?
- 191. Excluding romantic relationships, who do you love?
- 192. What is your earliest childhood memory?
- 193. What book has had the greatest influence on your life?
- 194. What three questions do you wish you knew the answers to?
- 195. What is the greatest peer pressure you've ever felt?
- 196. What's the biggest lie you once believed was true?
- 197. In your lifetime, what have you done that hurt someone else?
- 198. What's the best part of growing older?
- 199. What's been on your mind most lately?
- 200. What do you think is worth waiting for?
- 201. What chances do you wish you had taken?
- 202. Where else would you like to live? Why?
- 203. What motivates you to go to work each day?
- 204. What do you wish you had done differently?

- 205. What is your greatest strength and your greatest weakness?
- 206. When was the last time you lied? What did you lie about?
- 207. What made you smile this week?
- 208. What do you do with the majority of your money?
- 209. What motivates you to be your best?
- 210. When was the last time you lost your temper? About what?
- 211. What will you never give up on?
- 212. When you look into the past, what do you miss the most?
- 213. How would you describe the past year of your life in one sentence?
- 214. What is the most spontaneous thing you've ever done?
- 215. What makes you uncomfortable?
- 216. If you had to move 3000 miles away, what one thing would you miss the most?
- 217. What worries you about the future?
- 218. What one 'need' and one 'want' will you strive to achieve in the next twelve months?
- 219. What life lessons did you have to experience firsthand before you fully understood them?
- 220. Do you like the city or town you live in? Why or why not?
- 221. What's the best part of being you?
- When you look back over the past month, what single moment stands out?
- 223. What do you do to relieve stress?
- 224. What is your happiest memory?
- 225. What is your saddest memory?
- 226. What would you like to change?
- 227. How many people do you love?
- 228. What's the best decision you've ever made?
- 229. What's your favorite true story that you enjoy sharing with others?
- 230. Right now, at this moment, what do you want most?
- 231. What are you waiting for? How are you writing your life's story?
- 232. What makes love last?
- 233. What good comes from suffering?
- 234. What's the most important lesson you've learned in the last year?
- 235. Based on you current daily actions and routines, where would you expect to be in five years?
- 236. What was your last major accomplishment?
- 237. Through all of life's twists and turns who has been there for you?
- 238. What or who has been distracting you?
- 239. What are you looking forward to in the upcoming week?
- 240. Who is your mentor and what have you learned from them?
- 241. What are you uncertain about?
- 242. What do you think about when you lie awake in bed?
- 243. What's something most people don't know about you?
- 244. When you have a random hour of free time, what do you usually do?
- 245. What makes you weird?
- 246. If you could relive yesterday what would you do differently?
- 247. What do you do over and over again that you hate doing?
- 248. Would you rather your child be less attractive and extremely intelligent or extremely attractive and less intelligent?
- 249. What white lies do you often tell?
- 250. What is the biggest change you have made in your life in the last year?
- 251. What do you understand today about your life that you did not understand a year ago?
- 252. Whose life have you had the greatest impact on?
- 253. What did life teach you yesterday?
- Who impresses you?
- 255. What have you done that you are not proud of?
- 256. When should you reveal a secret that you promised you wouldn't reveal?

- 257. How would you spend your ideal day?
- 258. What is the one primary quality you look for in a significant other?
- 259. What do you admire most about your mother and father?
- 260. What is the best advice you have ever received?
- 261. If you could live forever, would you want to? Why?
- 262. If you had to be someone else for one day, who would you be and why?
- 263. What positive changes have you made in your life recently?
- 264. Who makes you feel good about yourself?
- 265. What is your biggest regret?
- 266. Which one of your responsibilities do you wish you could get rid of?
- 267. What's something you don't like to do that you are still really good at?
- 268. What type of person angers you the most?
- 269. What is missing in your life?
- 270. What is your most striking physical attribute?
- 271. What has fear of failure stopped you from doing?
- 272. Who would you like to please the most?
- 273. If you could go back in time and change things, what would you change about the week that just passed?
- 274. When you meet someone for the very first time what do you want them to think about you?
- 275. Who would you like to forgive?
- 276. At what point during the last five years have you felt lost and alone?
- 277. What is one opportunity you believe you missed out on when you were younger?
- 278. What do you want more of in your life?
- 279. What do you want less of in your life?
- 280. Who depends on you?
- 281. Who has had the greatest impact on your life?
- 282. Are you happy with where you are in your life? Why?
- 283. In one year from today, how do you think your life will be different?
- 284. How have you sabotaged yourself in the past five years?
- 285. Other than money, what else have you gained from your current job?
- 286. Whom do you secretly envy? Why?
- 287. In twenty years, what do you want to remember?
- 288. What are you most excited about in your life right now today?
- 289. What experience from this past year do you appreciate the most?
- 290. What is the most enjoyable thing your family has done together in the last three years?
- 291. How many hours of television do you watch in a week? A month? A year?
- 292. What is the biggest obstacle that stands in your way right now?
- 293. What do you sometimes pretend you understand that you really don't?
- 294. What do you like most about your job? What do you dislike most about your job?
- 295. What's something new you recently learned about yourself?
- 296. In one sentence, how would you describe your relationship with your mother?
- 297. What was the most defining moment in your life during this past year?
- 298. What's the number one change you need to make in your life in the next twelve months?
- 299. What makes you feel secure?
- 300. What is your favorite sound?
- What are the top three qualities you look for in a friend?
- What simple gesture have you recently witnessed that renewed your hope in humanity?
- 303. What is your favorite smell?
- 304. What recent memory makes you smile the most?
- 305. In one word, how would you describe your childhood?
- 306. What celebrities do you admire? Why?
- What is the number one motivator in your life right now?
- 308. What music do you listen to to lift your spirits when you're feeling down?

- 309. If I gave you \$1000 and told you that you had to spend it today, what would you buy?
- 310. What was the last thing that made you laugh out loud?
- 311. What is your biggest pet peeve?
- 312. Who was the last person you said "I love you" to?
- 313. What is your biggest phobia?
- 314. What are some recent compliments you've received?
- 315. How many friends do you have in real life that you talk to regularly?
- 316. How much money per month is enough for you to live comfortably?
- 317. When was your first impression of someone totally wrong?
- 318. How many hours a week do you spend online?
- 319. What do you love to do?
- 320. What specific character trait do you want to be known for?
- 321. Are you more like your mom or your dad? In what way?
- 322. What is the number one quality that makes someone a good leader?
- 323. What bad habits do you want to break?
- 324. What is your favorite place on Earth?
- 325. What do you love to practice?
- 326. What questions do you often ask yourself?
- 327. What are you an expert at?
- 328. How would an extra \$1000 a month change your life?
- 329. What things in life should always be free?
- 330. What is your favorite time of the year?
- 331. What is something you have always wanted since you were a kid?
- 332. What is the most recent dream you remember having while sleeping?
- 333. What confuses you?
- In what way are you your own worst enemy?
- 335. When did you not speak up when you should have?
- 336. What is your favorite quote?
- 337. What is your favorite fictional story? (novel, movie, fairytale, etc.)
- 338. Where or who do you turn to when you need good advice?
- 339. What artistic medium do you use to express yourself?
- 340. Who or what is the greatest enemy of mankind?
- 341. What's something you wish you had done earlier in life?
- 342. What is the closest you have ever come to fearing for your life?
- 343. How do you deal with isolation and loneliness?
- 344. What do you know well enough to teach to others?
- 345. What's a quick decision you once made that changed your life?
- 346. What have you lost interest in recently?
- 347. What makes life easier?
- 348. What was the last thing you furiously argued about with someone?
- 349. What job would you never do no matter how much it paid?
- 350. What is the number one solution to healing the world?
- 351. What could society do without?
- 352. What stresses you out?
- Now that it's behind you, what did you do last week that was memorable?
- 354. Where do you spend most of your time while you're awake?
- 355. What makes someone a hero?
- 356. When in your life have you been a victim of stereotyping?
- 357. When was the last time you felt lucky?
- 358. When did you first realize that life is short?
- 359. What is the most insensitive thing a person can do?
- 360. What can someone do to grab your attention?
- 361. What do you usually think about on your drive home from work?

- 362. What's one downside of the modern day world?
- 363. What simple fact do you wish more people understood?
- 364. If you could do it all over again, would you change anything?
- 365. How would you describe your future in three words?