




# Brainstorming Prompts


 A time you were in harm's way—physically *or* emotionally.

- A life or death situation.
- A time you were afraid you would fail or mess something up.


 A time you experienced a great loss.

- Loss of a dream, a job, or a loved one.


 A time you had to make a tough choice.

 A time in your life you were most inspired.


- Maybe you discovered something new that resonated with you.
- Maybe you had an “Oprah Ah ha!” moment.
- Maybe you were presented with a big opportunity.

 A time when you were really embarrassed.

- Did you feel like you needed to make amends for something you did wrong?
- A time you couldn't keep up with a lie.

 A time something was personally really important to you.

- A mundane situation, but with high emotional stakes.
- e.g. “I just had to be popular!”

 A time when you were really surprised.

- Was there a mystery?
- Were you blindsided?
- A supernatural experience.
- Something funny in hindsight, but shocking at the time.