



Inside Out

Question/Statement Worksheet

Select questions and statements from the following list. Determine the number of questions or statements to include based on the number of group members and the time you wish to expend on this exercise.

1. Tell your partner about one goal you have achieved and one goal you still want to achieve.
3. If you were given \$10 Million dollars and had 48 hours to spend it, what would you do and why?
4. One of the best things about being a member of a team is ...
5. My fondest childhood memory is...
6. If you were stranded on a deserted island and could have one thing with you, what would it be and why?
7. The talent I am most proud of is...
8. Describe a situation in which you felt empowered (motivated).
9. If you could only eat one food for the rest of your life, what would it be and why?
10. The one thing I wish to improve about myself is ...
11. I am proud to be a woman because ...
12. I am proud to be a man because ...
13. Where do you hope to be 5 years from now?
14. If I could change one thing about the world it would be ...
15. When I was a child I wanted to be ...
16. Something no one else knows about me is ...
17. My hobbies are ...
18. Describe your most embarrassing moment to your partner.
19. If I wrote a book, it would be about?
20. If I could travel back in time, where would you go and why?