



## Seeds to quality time

Which moment in your life have you laughed the hardest?

Which childhood memory do you hold closest?

When did you feel vulnerable last?

Which insight from another culture has enriched your life?

When do you feel most appreciated?

For what may I wake you up in the middle of the night?

What is your favorite season?

What is your most precious gift of today?

What is the best surprise you have ever given?

What is the most beautiful book you have ever read?

If you could be an animal, which one would you be?

Which other country would you like to live in?

Which dream you had, and remember, has had the most impact on you?

When is the last time you did something out of self-love?

Where do you want to be in five years?