IDEAS FOR WRITING IN THE 30-DAY CREATIVITY CHALLENGE

- What is your favourite childhood memory?
- What did you and your friends do for fun when you were younger?
- What was the best lesson you learned?
- What is one piece of technology you think has changed the world for the better?
- How do you think the world has changed from when you were my age?
- What is something that made you happy this week?
- What do you imagine (me, your grandchildren, etc.) accomplishing in 10 years?
- How do you imagine the world will change in 10 years?
- How would you like to be remembered?
- What is your favourite type of show/movie/music?
- What do you like to do for fun and is it something we can do together?
- What is a new skill you would like to learn?
- What are you most proud of?
- How did your experience (in the military, during this particular time period, etc.) shape you?
- What lesson would you like to pass on to future generations?

- Sustainable urban living without the use of excessive natural resources must be our future.
- Are there extraterrestrials who influence events on Earth?
- Marijuana has a medical value.
- Direct mail is a special form of junk mail.
- The pros and cons of a female President.
• Online dating chats have nothing to do with a search for a soul mate.
• Should schools distribute condoms?
• Most people support embryonic stem cell research.
• Life imprisonment is a good alternative to capital punishment.
• What is wrong with child labor?

Questions on Culture
• In some cultures they wear black for 1 year when someone they love dies, do you think this is a good ritual? What do you do to show respect for those who have passed away?
• Globalization is inevitable – how can we make sure people who don’t want to participate can preserve their culture?
• How do you know if something is “normal”?
• It’s a very different culture. What do people need to know when they move to Thailand?
• I am a mixed raced child. Will any country ever accept me as one of their own?

Questions on Choice
• If you could be anyone in this world, other than yourself, who would you be?
• If you could create one life, what would it be?
• When does free will end and fate begin?
• If you were mayor of your town, what would you do?
• What is something you’ve always wanted to do but haven’t got around to doing?
• What is the best advice you were given but did not take?

Questions on Empathy
• How can I best help someone who is thinking about suicide?
• How far can excuses like trauma and psychological issues go? When do you put the responsibility on the person?
• What do you think is the disadvantage of having too much empathy?

Questions on Education
• How can we revolutionize education for the 21st century and beyond?
• What is the point of formal education?
• What do you think about your country’s education system?
• Should philosophy be taught earlier in school to inspire children to question more?
• What kind of effects are dire warnings about nationalism, global warming, terrorism, and more having on today’s youth?
• How does “knowing too much” benefit or harm you?

Questions on Fear
• Is it possible at all to live your life without fear?
• Do we let fear drive our choices?
• Is it unusual to have no fear in being jobless?

Questions on Happiness
• Would we be happier if we were living closer to nature?
• What defines happiness?
• What is happiness?

What would you do?
• What do you do when you find yourself stuck?
• When you have to make a tough decision, do you make your decision based on what is right OR what feels right?
• What will you do when you feel empty?
• Not including deadlines, how do you motivate yourself to get stuff done?
• How would you deal with the hurt of betrayal?
• How do you deal with people who disagree with you?
• Do you usually say what you mean? Why?
• How should we deal with frustrations?
• What drives you crazy (about a friend, colleague, or family member)? How do you deal with it?
• How can you be self-compassionate without being self-biased?
• Peoples’ attention spans are shorter now – how can we catch them?
• How can I come up with an interesting question?
• What does it mean to “be yourself”? Do you think you are these days? How can you be more yourself?
• How can we think outside the b

• Questions on Past, Present, and Future
• Will the future of humanity rely more on innovation, or more on mindfulness?
• Is the present better than the past?
• What should self-driving cars should factor in when it comes to decision making?
• Do you believe in fate?
• What direction is modern society headed towards?
• What is the biggest challenge facing the next generation?
• Are farming techniques of the past better than modern techniques?

Questions on Perspective

• Some of the world’s most important people have many negative traits. What is the best way to deal with these people?
• What are some examples of justified violence that you can accept?
• If I love someone and they don’t love me back, how can I turn that into a positive?
• What are the three best things about you?
• If life for you were to end now would you be happy with what you’ve done until now?
• Are we taking things too seriously?
• What is cute?
• How much has childhood shaped who we are today?
• What is healthy?
• Have we become too connected?
• How often during your week do you stop to look around in awe of natural beauty?
• Are you a cat person?
• Anger, jealousy, hate. How should we deal with negative emotions?
• Should we respect all the opinions and ideas even if they are harmful?
• Is shutting down your brain by watching TV or doing something “not productive” that reduces your stress – negative or positive?
• Should people try to be non-judgemental or should we judge others on their actions and thoughts?
• Do morals restrict or benefit humanity?
• Is racism or prejudice a natural survival instinct or a choice?
• How much money does a person need to survive from birth to death?
• When do you think that a lie is a better option than honesty?
• Why do you think some people lie about things, even when it’s not needed?
• How positive is the impact of readily available information for youth in developing countries?
• Given a limited amount of time on Earth, what impact do you want to leave?
• What are your views on people who try to contrive, manipulate, and control circumstances in their environment but then try to evade the natural consequences that arise from it?
• What is depression and why does it exist?
• Is it selfish to have children?
• Is it important to be a risk taker?
• Do you think that to give with an intention is equal to giving with no intention?
• How do you feel about leaving your comfort zone?
• What are your thoughts on shifting from a reactive mindset to a more proactive mindset?
• When does a victim become a victim?
• Are our wedding expectations unrealistic?
• Is there any difference between thinking, feeling, or talking from the heart or from the mind?
• What separates man from beast?
• Why do people have so much trouble accepting differences?
• Why do manipulators succeed in gaining control?
• What are we doing here?
• How to make the most from listening?
• What are you looking for?
• Where does music come from?
• How to preserve one’s integrity?

Questions Personal Development and Mindfulness

• How can I find passion?
• How can you balance life? And what is balance?
• How have you gained dignity following a crisis?
• Is it possible to “know thyself”?
• How important is it for you to be able to define yourself?

Questions on Success
• What’s the difference between a good boss and a good leader?
• How do you determine if someone’s successful in life?
• What is your thought on keeping “work life” and “personal life” separate?
• Is motivation important? How do you motivate yourself?
• I love helping people with their communication skills, but how do I get paid for my trainings?
• Is it natural to be happy then sad in your career? Or is there such thing as work nirvana?
• Where do you want to be five years from now?
• How do you deal with pressure from your boss, co-workers, or customers?
• What do you think of opening a business with passion but without market research?
• Is willpower a skill that can be learned and improved, or do you think individuals have natural limits?

Questions on Technology
• Will artificial intelligence eventually become a God?
• What could be the next scientific discovery to disprove current thinking?
• Thinking of the idea of humans possibly living in a virtual reality – does that affect our morals?
• Is technology something to appreciate or fear?
• What is the difference between augmented reality and personal perspective?

Questions on Opinions
• Do you think regrets can be a good thing?
• Is a good deed that goes unappreciated worthless?
• They say “curiosity killed the cat” how much curiosity is healthy?
• Is life just a game?

Questions on Favourites
• What is your Favourite question to ask a stranger?
• What are your Favourite books to read right now?
• What is your Favourite question to ask someone you just met?

Funny Topics
• Would you want to live forever as a machine in human body form like Battlestar Galactica?
• If you could, would you move to Mars?
• Is B.o.B. right, is the Earth Flat?
• What has been your most embarrassing moment?
• Would you rather be raised by wolves until the age of 18 or thrown into a pack of coyotes at age 35?
• Why do 24-hour stores have locks on the doors?
• What's the most outlandish fact that you know?
• What's your most embarrassing Favourite song?

What If Questions
• What if aliens exist?
• What if you woke up as your Favourite celebrity?
• What if you could live anywhere on the planet?
• What if you only had 1 hour left to live?
• What if in the future people have to pay for privacy?
• What if money was never an issue?
• What if you could be President for 1 week, what would you change?

Questions on Good and Bad
• Is charity bad?
• Should we express all of our feelings, or should we keep bad feelings inside?
• Are you a good person? What is it that makes you a good or bad person?
• Why do many cultures think that tattoos are dirty or bad?
• Do victims sometimes support bad things to happen?
• When is Nuclear war good?
• What makes a good mentor?

Questions on Love and Relationships
• Do you believe in a real friendship between a woman and a man?
• Do we need love to be happy?
• What should you do when your partner is completely opposite?

**Questions on Ethics**
• Is it okay for foreign, young people to be busking or begging for money in Southeast Asia?
• What’s wrong with “not changing” and “staying the same”?
• How do you change from “no one” to be “someone” – and from “someone” to be the “only one”?
• Why do we care so much about being judged?
• What are we really looking for?

**Questions on Religion**
• Does religion do more harm than good?
• Why did many major world religions develop around the same time?
• Do we need religion?
• Are we making a mistake by ignoring religion and faith?

**Questions on Society**
• Does society need a real crisis to get itself back together?
• What is society for?
• Are we as divided and fragmented as a society as we’re being told?
• Is a jobless person considered a burden to society? What about Monks?
• 1 in 10 older people experience abuse every month – why?

**Questions on the World**
• Is right now a better world than the past?
• How can you find truth in a “post-fact” or “alternative-fact” world?
• Can empathy save the world?
• How can I be myself in a world full of excessive consumerism?
• With so much turmoil now, will World War III bring peace?
• Are people currently upset by the world’s political climate actually suffering or just having identity issues?
• Can hope change the world?