

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
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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 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 wolfs 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?