

Reflection Questions
“Take A Seat....Make a Friend”

Find one thing you have in common.

Talk about something you wish you had done differently.

Talk about an experience that changed your life.

Share one thing on your bucket list.

Talk about an “elder” who inspires you

When did you first fall in love?

What scares you most about the future?

What do you want to be remembered for?

What do you love most about being the age you are?

Talk about a place in the world you find “spiritual.”

What gives you a sense of wonder?

Talk about a time when a stranger helped you?

Talk about one unexpected thing you are grateful for.

What bends your mind whenever you think about it?

What excites you most about the future?

What is your earliest memory?

What do you hope never changes?

What advice would you give your younger self?

What age do you wish you could permanently be?

What is one thing you had had to unlearn?

What small thing makes your day better?

What is something you will never do again?

What's the best and worst thing about getting older?

Who is a "young leader" you admire?

As you get older, what do you become more afraid of?

Have you ever changed your mind about something big?

What do you regret not doing?