

A

**Who is your hero?**

It might be a fictional character, someone you know or a celebrity. Why do you admire them?

A

2

**What is your biggest fear?**

Why does it scare you?

2

3

**What one thing is guaranteed to make you laugh? Why?**

3

4

**What makes you angry?**

Can you remember the last time you felt angry and why?  
How do you manage feelings of anger?

4

5

**If you could re-live one moment in your life, which would it be?**

5

6

**What's something you feel proud of?**

Out of all of your achievements, why did you pick this one?

6

7

**What goals are you currently working towards?**

What has been your approach to achieving these?

7

8

**What's one thing you hope that the future brings you?**

Why is this important to you?

8



**What's your story?**



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9



**If you could choose to do anything for a day, what would it be?**

Why would you choose this?



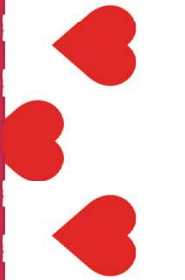
6

10



**What do you do to relax?**

How does it help you?



10

J



**If you could go back in time, what year would you travel to?**

Why would you pick this year?



J

Q



**How do you think your friends would describe you in four words?**

Why do you think they would use those words?



Q

K



**What are your hobbies?**

How did you first get into them?

What do you enjoy about them?



K

A

**What is the best gift you have ever been given?**

Who gave it to you?

What made it so great?

A

2

**What is a fact about you that might surprise people?**

How many people know this about you?

2

3

**What are your pet peeves?**

Why do they annoy you?

3



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4 ♦♦

**What do you feel your purpose in life is?**

How do you try and live up to it?



5 ♦♦

**If you were a super hero, what super power would you choose?**

How would you use it?



6 ♦♦

**What is the one thing that you have worked the hardest to achieve?**

How did you do it?



7 ♦♦

**What's the most daring thing you've ever done?**

How did it happen?



8 ♦♦

**What is your favourite memory?**

Why is it important to you?



9 ♦♦

**What makes you happy?**

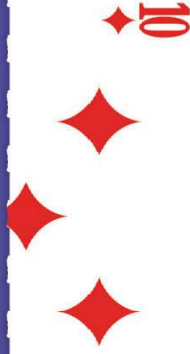
It can be a person, a place, a memory, a hobby, an idea, a song, a movie, a book...



10 ♦♦

**What three items would you want to take to a deserted island?**

Why did you choose these items?



J ♦♦

**What do you do to keep fit?**

How do you find it helps you?





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Q♦



**What one thing do you think about every day?**

*Why is this regularly on your mind?*



Q♦

K♦



**If you had a warning label, what would it say?**

*Why would it need to say this?*



K♦

A♣

**What song would you say best sums you up and why?**

A♣

2♣



**What's the biggest problem that you have overcome?**

*How did you do it?*



2♣

3♣



**Who is the kindest person you know?**

*What makes them so kind?*



3♣

4♣



**What is one thing you would choose not to do again? Why?**

*What did you learn from the experience?*



4♣

5♣



**Who is the person that knows you the best?**

*What makes you feel that you can talk openly to them?*



5♣

6♣



**What was your favourite age when you were growing up? Why?**



6♣



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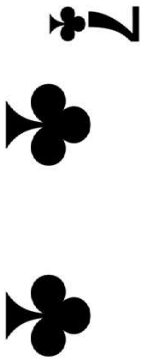


7♣



**What is one thing that can instantly make your day better?**

How does this improve your mood?



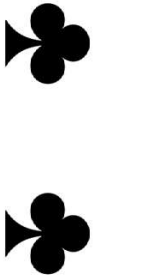
7♣

8♣



**What's the best piece of advice someone has ever given you?**

Who said it and how has it helped you?



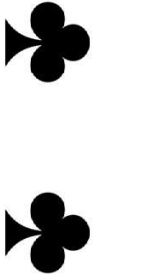
8♣

9♣



**What is the one skill that you would like to learn? Why?**

How would you use it?



9♣

10♣



**Which of your personality traits are you most proud of?**

How do you use it?



10♣

J♣



**Using only five words, tell your life story.**

Why did you pick these words?



J♣

Q♣



**We don't always take the time to think about the good little things.**

What are you thankful for?



Q♣

K♣



Reflect on your relationships - good and bad.

**How have these had an impact on your life?**

What have you learned from them?



K♣

A♠



Mistakes are how we learn and grow.

**What's a mistake you have made in the past?**

What did you learn?

How did it change you?



A♠



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2 ♠

**What is one defining moment in your life?**

Who did it involve?

How did it shape you?

2 ♠

3 ♠

**Is there anything that you would like to stop doing/avoid doing?**

What steps can you take to achieve this?

3 ♠

4 ♠

**What one thing about yourself could you tell someone to help them better understand you?**



4 ♠

5 ♠

**What is one thing that you have done that has pushed you out of your comfort zone?**

How did it make you feel?

What did you learn from it?



5 ♠

6 ♠

**If you could go back and tell your younger self one thing, what would it be?**

Why would you feel it was important to tell yourself this?



6 ♠

7 ♠

**What is the most helpful thing that you have done for someone?**

How did this act of kindness help them?



7 ♠

8 ♠

**What would you say to yourself if you were faced with a tough situation?**

Remind yourself of your strengths and positives.



8 ♠

9 ♠

**What is the trait that you value most in a person?**

Why is this important to you?



9 ♠



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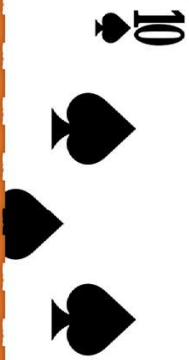


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Think about your habits, good and bad.  
**Which ones would you like to keep and which ones would you like to work on not having?**



**How you choose to use these cards is up to you.**

This deck is just to get people talking!  
 Each card has a different question on it, covering everything from your favourite memory to your chosen super power.  
 You can use the cards to start meaningful conversations. Let's ask more questions, tell our stories and get to know the people around us.



**What is the biggest challenge you have faced in your life?**

How did you overcome this?



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**Who is the person that gives you the most support?**

What do they do that helps you so much?

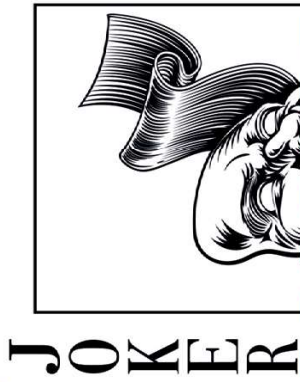


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Talk about a stranger that you have met who made a lasting impression on you.  
**What did they do that had such an impact on you?**



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