**WARM-UPS FOR FORUM MEETINGS**

**PAST**

1. What was the high point of last month? What was the low point?

2. Who is the one person who has done the most to make you who you are today? How was that person significant to you?

3. What was the riskiest decision you ever made in your life? What made the risk so great?

4. Tell about one missed opportunity in your life.

5. List five peak experiences that have profoundly influenced your life.

6. List five crossroads in your life where your choice of paths made a difference.

7. When was the last time you cried? By yourself? In front of another person?

8. What has been your biggest disappointment in life? Your biggest failure?

9. When was the last time you felt powerless?

10. Discuss your relationship with your mother and/or father. What was it like growing up?

11. When was the last time you felt intimidated in a Forum meeting?

12. What is your greatest success in business, family and personal? Your greatest failure?

13. What is your most treasured memory?

14. Describe the best day of your life. The worst day of your life.

15. When were you last in a fight? What caused it? Who won?

16. For what in your life do you feel most grateful?

17. When has your life dramatically changed as the result of some seemingly random external influence? How much do you feel in control of the course of your life?

18. When did you last yell at someone? Did you later regret it?

19. Since adolescence, in what three-year period do you feel you experienced the most personal growth and change?

20. Have you ever considered suicide? What is so important to you that without it, life would not be worth living?

21. If you could change anything about the way you were raised, what would it be?

22. How many of your friendships have lasted more than 10 years? Which of your current friends do you feel will still be important to you 10 years from now?

23. What important decision in your professional life have you based largely upon your intuitive feelings? What about in your personal life?

24. What from your childhood has proved most valuable? Most difficult to overcome? Do you feel that children should be sheltered from unhappiness?

25. The birthday I remember most is ´

**PRESENT**

1. What is the one thing about yourself you like best?

2. If by magic you could change one thing about yourself, what would it be? And why?

3. Make a "gratitude" list.

4. Tell us something about yourself that will help us know you better.

5. Finish this sentence: "What I expect from people is ´ "

Possible substitutes for the word "people" are spouse, children, parents, employees, life, etc. Example:

a. What I expect from my family is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

b. What I get from my family is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

c. What I give to my family is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. Take turns giving "positive feedback" to each member of the Forum. Start with one individual and go round with each member expressing at least one quality they appreciate about that member. (Use "I" statements and give positive feedback only.) The member is to listen quietly and graciously accept the feedback. (No self-discounting allowed.) Continue until all members have received feedback.

7. If you were giving a dinner party and could invite any six people (living or dead), who would you invite? How did you arrive at the list?

8. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? What is stopping you?

 9. What would constitute a "perfect" evening for you?

10. Would you rather be extremely successful professionally and have a tolerable yet unexciting private life, or have an extremely happy private life and only a tolerable, uninspiring professional life?

11. Whom do you admire most? In what way does that person inspire you?

12. Your house, containing everything you own, catches fire; after saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be?

13. What is the worst psychological torture you can imagine suffering? (Exclude anything causing even minor physical injury.)

14. Is it easy for you to accept help when you need it? Will you ask for help?

15. What are your most compulsive habits? Do you regularly struggle to break these habits?

16. What do you most strive for in your life: accomplishment, security, love, power, excitement, knowledge or something else?

17. Write a personal mission statement. What is your purpose? What are your values?

18. Who is the most important person in your life? What could you do to improve the relationship? Will you ever do it?

19. What are your beliefs about a "Higher Power"?

20. What, if anything, is too serious to be joked about?

21. What do you value most in a relationship?

22. Do you judge others by higher or lower standards than you use to judge yourself?

23. What things are too personal to discuss with others?

24. What do you like best about your life? Least about your life?

25. Make a list of traits you believe to be your assets. Your defects?

26. Of all the people close to you, whose death would you find most disturbing?

27. If you were guaranteed honest responses to any three questions, whom would you question? And what would you ask?

28. What musical instrument best describes you? Explain.

29. My favorite holiday is… because…

30. I have a passion for…

**FUTURE**

1. Suppose you were told that you have six months to live. What would you do in that time?

2. What will you be when you grow up? And what have you become so far?

3. If you knew of a way to use your estate, following your death, to greatly benefi t humanity, would you do it and leave only a minimal amount to your family?

4. If you knew you could devote yourself to any single occupation ≥ music, writing, acting, business, politics, medicine, etc. ≥ and be among the best and most successful in the world at it, what would you choose? If you knew you had only a 10 percent chance of being so successful, would you still put in the effort?

5. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? If so, what?

6. If you were helping to raise money for a charity and someone agreed to make a large contribution if you would perform at the upcoming fund-raising show, would you? If so, what would you like to perform? (Assume the show would have an audience of about 1,000.)

7. How do you picture your funeral? Is it important for you to have people mourn your death?

8. Is there something you've dreamed of doing for a long time? What prevents you from doing it?

9. Knowing you had a 50 percent chance of winning and would be paid 10 times the amount of your bet if you won, what fraction of what you now own would you be willing to wager?

10. If you could take a one-month trip anywhere in the world and money were not a consideration, where would you go? What would you do?

11. Would you like to know the precise date of your death? If you knew, what would you do?

12. If you had to spend the next two years inside a small, but fully provisioned Antarctic shelter with one other person, whom would you like to have with you?

13. What would you like to be doing five years from now? What do you think you will be doing five years from now?

14. What is the legacy you would like to leave?

15. When the movie is made of your life, whom would you like to play your part?

**BOOKS FOR WARM-UPS**

1. *If (Questions for the Game of Life)*; by Evelyn McFarlane and James Saywell; ISBN 0-679-44535-8

2. *If (Questions for the Game of Life)*; by Evelyn McFarlane and James Saywell; ISBN 0-679-45286-9

3. *If (Questions for the Game of Love)*; by Evelyn McFarlane and James Saywell; ISBN 0-679-45637-6

4. *If Questions for the Soul*; by Evelyn McFarlane and James Saywell; ISBN 0-679-45636-8

5. *If Questions for Parents*; by Evelyn McFarlane and James Saywell; ISBN 0-375-50283-1

6. *How Far Will You Go? Questions to Test Your Limits*; by Evelyn McFarlane and James Saywell; ISBN 0-375-50242-4

7. *The Book of Questions*; by Gregory Stock, Ph.D.; ISBN 0-89480-320-4

8. *The Book of Questions: Love and Sex*; by Gregory Stock, Ph.D.

9. *The Book of Questions: Business, Politics and Ethics*; by Gregory Stock, Ph.D.

10. *Would You? Questions to Challenge Your Beliefs*; by Evelyn McFarlane and James Saywell; ISBN 0-375-50243-2