

# 33

## Questions

for an interview with

## Yourself

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# 1.

## What Do You Do For A Living?

*You may not know what you're really doing for living. You may think you have a job, but you're actually just selling your time. And that comes down to selling your life. And that means you're [living your life](#) by selling it. And you may not even know that.*

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# 2.

## Who Do You Love?

*Is that your partner? Or somebody else? Do you love many persons at once? Just answer as detailed as you can to this one. We never seem to have enough time do really think at the ones we love. We can't love someone if we forget to think about him.*

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# 3.

## Do You Have Enough Money?

*That's a very important question. You may have less money than everyone else in your group, but still have enough. Or you may have huge amounts of money and yet not enough to make you feel better. How much money do you need in your life?*

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# 4.

## Are You Healthy?

*You may be able to wake up every morning and go to work, but do you think of yourself as being a healthy person? The way you see your health has a huge impact on your reality perception. It's like applying filters to what's happening to you.*

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# 5.

## Do You Think You Are A Good Person?

*Have you ever wondered what do you think about yourself from this point of view? Maybe we take it for granted that we are inherently good and all the other guys are wrong. But is this really true? Do you really think you are a good person? Why?*

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# 6.

## How Old Are You?

*You shouldn't just open your ID and do some math. It's not the number of years since you've been born that matter here. But mostly how old do you feel you are. What's your perceived age. Because, believe it or not, this is your real age.*

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# 7.

## Who's Your Best Friend?

*Do you have one? Is he or she still alive? Write his name and think at that person for a while. Write a short description of he or she. Where did you met first time? What were the circumstances? What makes that person your best friend, after all?*

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## What's Your Childhood Dream?

*Do you still remember it? You wanted to travel the world? You wanted to just have a family and raise your kids? Is that what you're doing right now? Has your dream become true? Or are you drifting away from it with every single day of your life?*

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# 9.

## How Often Do You Laugh?

*Try to remember exactly how often do you laugh during a day. Is this a difficult thing? Why? Because you laugh so often that you couldn't remember when was the last time you didn't had a good laugh? Or because you simply forgot how it is to laugh?*

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# 10.

## What Makes You Smile?

*List at least 10 items. If you can't find 10 items that makes you smile, we have a problem. Don't rush, take your time. Smiling is different from laughing the same way walking in the park is different from climbing a mountain. You're just enjoying the walk.*

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# 11.

## Who's Your Most Dangerous Enemy?

*Do you have one? List his/her name here and a short story about how this enemy changed your life. Friends are making us do things for them, but enemies are making us do things because of them. Either way, they're shaping our life and we must know how.*

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# 12.

## Where Do You Live?

*Is this really your place? Do you feel at home there? How did you end up with it, anyway? The story of your house is deeply blended with your own life. Where do you feel at home is the most important place in the world for you. What makes it home?*

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# 13.

## Do You Think You're Strong?

*I would be really curious to know the answer to this one. I love strong people. They have this power to change their life and to create incredible things. What “strong” means to you? It’s a question of force? Or endurance? Of speed? Or intelligence?*

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# 14.

## What Was The Most Important Thing You've Done So Far?

*Have you really done something important? Something that changed your life fundamentally? Or something that changed somebody else's life fundamentally? Why was that important? Answer with first thing that pops out in your head.*

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# 15.

## What Was The Most Stupid Thing You've Done So Far?

*Do you consider you've done stupid things in your life? I think everybody does but not everybody admits that. Most of the people blame the circumstance, the karma, the others, everyone except them. Do you have the power to accept you've done a really stupid thing?*

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# 16.

## Do You Love Yourself?

*Like really, truly accepting everything about you. Does it happen to hate yourself? Most people do that without even being aware. Just answer the first thing that pops to your head, again. Usually, this is exactly how you feel about yourself.*

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# 17.

## What Do You Fear The Most?

*That might be difficult. But also liberating. Your biggest fear is most of the time your escape door, if you face it with enough courage. Can you think at something that scares you really hard? Maybe just answering to this question will really frighten you?*

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# 18.

## What Is Your Favorite Word?

*You must have one, everybody does. It might be the one you're saying all day long without realizing or it might be something that really makes you feel good when you're telling it. Most of the time, there's an unconscious link between your true self and this word.*

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# 19.

## When Was The Last Time You Cried?

*Admit it. Everybody cries. Men, women, kids. It might be something you're not very proud of, but that doesn't mean it didn't happen. What was so powerful that really cracked you up inside? Think about it and let it emerge again. Make peace with it. If you can.*

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# 20.

## What Is The Best Thing That Could Happen To You Right Now?

*In this exact context, what the only thing that could shift your entire existence if it will manifest right now? Many people tend to give a certain amount of money as a number, but in my experience this will only maximize the problems, not making them go away.*

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# 21.

## What Is The Worst Thing That Could Happen To You Right Now?

*Again, what's the only thing that could negatively impact your life right now in a way that you wouldn't believe it's possible? Between those two possibilities lies your entire lifespan. How is this lifespan? How large is the road you are traveling now?*

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# 22.

## Picture Yourself In 5 Years From Now

*Not really a question, but definitely an interesting answer. Can you see yourself in 5 years from now? How would you look? How would you behave? You would do the same things are you doing right now? Don't write a full story, a single, concentrated sentence would be enough.*

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# 23.

## Do You Regret Anything?

*If yes, what exactly? If not, why not. Regrets are usually strings we didn't pull entirely from our past, leaving us tied up to a context which is not longer real. Facing your regrets will reveal parts of yourself you thought you forgot. Important parts of yourself.*

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# 24.

## What's The First Thing You Do In The Morning?

*Just after you open your eyes. Is it a thought? Is it a gesture? We all tend to create a morning routine and it seems that this routine is shaping our entire diurnal activity. Have you ever thought what is the first thing you do in the morning?*

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# 25.

## What Are You Thinking Just Before Going To Bed?

*Similarly, before you go to bed, you do have preferred thought. What is it? What makes your transition to the sleeping world without any major frictions? What's your password to the dream realm? What if you would lose this thought suddenly?*

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# 26.

## What Was The Highest Point You've Ever Been To?

*Was it a mountain? Or a huge city tower? Whatever feels high for you should go there. I don't want to know the difference from the sea level, but what exactly you experienced on the highest perceived point you've ever been? Fear? Exhilaration?*

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# 27.

If There's One Thing In Your Life You Want To Change Right Now, What Is It?

*Imagine you met a fairy tale and you have only one wish: you could change only one thing in your life. What is that thing? How would you like to change it? If it wasn't this absolute power you just received, would you still wanted that thing to be changed?*

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## What Are You Proud Of?

*What is the only thing you've done that will instantly make you feel totally and undeniably proud of yourself? When you did that? What were the circumstances? Would you still do the same thing now?*

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# 29.

## Sum Up Your Life In One Sentence

*If in the next 10 seconds your life will end, how would you describe it? Just one sentence for your entire life. Can you do that? You only have 10 seconds, so you can consider this a speed question. :-)*

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# 30.

## Name The Thing That Annoys You The Most

*Is this a mosquito humming? The sounds of a knife on a porcelain plate? Or is it people calling you in a certain way? Friends breaking promises? Being stuck in traffic? Try to remain calm while answering.*

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## What Is Your No 1 Question To God?

*Yes, it's your interview, but if you would be able to address one question to God, assuming He will answer you, what would that question look like? What is the most important thing you want to know from God?*

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## Do You Have Secrets?

*If yes, why? If not, are you sure? What is your number one reason for having and keeping secrets? Are you afraid of other people reactions? Ar you ashamed? Or you just love to cover things for the pleasure of re-discovering them later?*

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## What Makes You Laugh?

*You do have something that instantly puts you in a totally laughing state, do you? There must be something that makes you laugh out loud. What is it? When was the first time you bumped into that thing?*

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Are You Happy?

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## Congratulations!

*You just finished an interview with yourself. Keep this handy, you never know when you want to read it again. Why?*

*Because you're important, that's why.*