LIVES WELL LIVED QUESTIONS

What three things should I know about you?

What is a fun or interesting fact about you?

What did you do for a living before you retired?

How old are you?

What do you attribute to living as long as you have?

What is your definition of a life well lived?

What is your secret for a happy life?

What has been most instrumental in shaping your life?

How are you the same and how are you different than you were earlier in life?

What about your environment, family and friends best supports you?

What accomplishment are you most proud of?

What cultural events or technological changes have been the most significant in your lifetime?

What do you wish younger people understood about life?

Is there something you wish you had known as a younger person?

What is one thing that people shouldn’t worry about?

What is the best advice you ever got? Did you take it?

What is your greatest passion? How has that changed over time?

What do you most regret?

What do you think about your own mortality?

Do you experience ageism?

What do you enjoy most in life right now?

What do you look forward to? What's next?