

15 Prompts for Reflecting on Your Childhood

01 Describe a place from your childhood that had a special meaning to you. What made it special?

02 What school subject had the biggest impact on your life?

03 What hobby or interest did you enjoy as a child that you're no longer interested in?

04 Describe a family tradition from your childhood that still means a lot to you today.

05 Describe a moment from your childhood when you felt the most loved and supported.

06 Think of a childhood friend you're no longer in contact with. What have you learned from the loss of that friendship?

07 If you could relive any moment from your childhood, what moment would you choose?

08 What was your favorite place to visit as a child? Why did you enjoy it?

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09 Describe a challenge you experienced as a child. How did you overcome it?

10 What was your favorite subject in school? What impact did it have on your future life?

11 Describe a time in your childhood when you stood up for yourself or someone else.

12 What advice would you give your younger self based on what you know today?

13 Describe an accomplishment from your childhood that made you feel proud of yourself.

14 What were your favorite games to play as a child?

15 Describe several of your personality characteristics as a child. Have they changed now that you're an adult? If so, how?