Ten Questions About the True You

If you could come back as any animal, at any time, what would you be? What especially appeals to you about the life of that animal?

If you could come back as any plant, at any time, what would you be? What especially appeals to you about the life of that plant?

If you could visit any place you haven’t been to, where would you go? What especially appeals to you about that place?

If you could play absolutely any role in society, what role would you play? What especially appeals to you about that role?

If you could freely choose to play any other role in society, what would that be? What especially appeals to you about it?

If you could become a paragon – that is, a fully developed example – of one human capacity, which one would you exemplify?

If you could develop a second human capacity to its highest level, what would you choose?

What characteristic that you currently possess are you afraid to show? Why?

Is there a second such characteristic? Why are you hesitant about revealing it?

If you, just as you currently are, were given the opportunity, what of value could you contribute to humanity?

The most common despair is...not choosing, or willing, to be oneself...[but] the deepest form of despair is to choose to be other than oneself.

Soren Kierkegaard

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