

## Storytelling Prompts for the Exploration Stage

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1. What's been your favorite place to live, and why?
2. Where was the most difficult place you lived and why?
3. Where is home to you?
4. What's the most significant thing that's happened in the last month in your life?
5. What's the best thing about your life right now? What's one thing you'd love to change?
6. Tell me a story from your life that would give me a picture of who you really are. What is an event that shaped you as a person?
7. Tell me about someone who has helped you become the person you are today. Who has really influenced your life, and how?
8. If you could go back in time and meet any historical figure, who would it be, and why?

