

1. When we identify what we want to stop doing, does it challenge us to also identify what we want to do instead? Unless we use the negatives to point us to more healthy alternatives, do we miss opportunities to pursue new things?
2. How well do you think you know yourself? Do you have friends who'll tell you the truth about yourself? Are you able to accept compliments as well as criticisms and learn from both?
3. At any times that we feel our frailty and vulnerability, does this cause us to have a grounded sense of our own need of one another, of the statutory and voluntary services we can often take for granted? What does the lack of permanence, of sound health and of our quality of life do for your understanding of what others have to endure?
4. I'm surprised when individuals tell me they don't vote at elections. Usually, they're expressing a sense of despair at what they see in those who represent us. Do you think this is a sensible protest? Do you use your vote? How do you decide who to vote for? Is it always the same because of habit or do you evaluate who serves us best?
5. Is society becoming more selfish, less tolerant, more aggressive? Does the editorial stance of newspapers or news channels help us to truthfully name what's going on? Do you only read the papers or the on-line news services that agree with your preferred viewpoint?
6. Does sport have any part in your life? Do you enjoy excellence, skill, competitiveness? Do you prefer watching or participating in team events or individual activities? Who would you travel to see?
7. What place does music have for you? Can you readily name what your choices would be if you were on BBC Radio 4's 'Desert Island Discs' programme? Along with copies of The Bible and Shakespeare, what book would you choose? What luxury would you ask for? This is a good fun thing to ask of others too. Don't miss it yourself.

Thank you