

A Year of Questions for You and Your Spouse

This is a .pdf with 365 questions (plus one for leap year) for spouses.

My intent was to create a page you could print out, cut the questions into strips and put them all into a container. Pull out a question a day to spark conversation between you and your spouse.

If a question does not apply to you or your spouse, just reframe the question so that it does. Change the "what" or the "who."

I encourage you to create your own rules. Many of these questions are better answered if there is no limit on time, money, etc. This gives more room for options and imagination (I'd love to have advice from Florence Nightingale and live in Italy!).

When the answer revolves around people, you may want to give the option of adding "in addition to" or "other than my spouse." And, honestly, I think it's OK to change questions, add questions, give information not asked for, and so on.

The idea behind the questions is to give you and your spouse a starting place for conversation and learning more about each other. Please remember to speak the truth in love and listen well.

Enjoy, Lori <><
<http://the-generous-wife.com>

(This .pdf is offered freely to couples and as a tool in marriage ministry. Please give credit and link back when sharing. Please do not sell or copy to your site.)

1. How would you like to celebrate your 100th birthday?

2. What would you like to learn?

3. What do you want and/or need when you are sad?

4. You're writing a novel. Who is the main character? What happens to him/her?

5. The last time you laughed, what was so funny?

6. What are you concerned about?

7. The electricity goes out for 24 hours. How do you spend your time?

8. What gift would you bring to your spouse in the hospital?

9. Where in the world would you like to live?

10. Telling the truth will get a friend in trouble. Do you speak up?

11. What do you want to say to your children on their wedding day?

12. What do you own that would be hard to share or give away?

13. What achievement in your life is important to you?

14. What group would you like to join?

15. Someone gives you \$200. How do you spend it?

16. What is the hardest thing you've ever done?

17. What characteristic do you most love about your spouse? (Share an example.)

18. What world problem would you like to fix?

19. What interesting event have you witnessed?

20. You hear a song and remember when. What's the song and what's the memory?

21. Your friend loses their spouse. What do you say or do?

22. What is your favorite family tradition?

23. What small thing irritates you? Is there a practical fix?

24. You want to take your spouse on an adventure. What's the adventure?

25. What new sex position would you like to try?

26. If you could change your name, what would you choose?

27. How would you respond if your car was stolen?

28. What would you like to do in the next two years?

29. To whom do you want to say "thank you"? Why?

30. You're facing a difficult situation. Whom do you go to for advice?

31. What do you like best about where you live?

32. What one item would you find hard to live without?

33. With whom would you like to have a conversation (no time or distance limits)?

34. What encouragement do you need to hear?

35. What cause do you feel passionate about? What can you do?

36. Someone lies about you. How do you handle it?

37. Your best friend moves away. What do you do?

38. What stresses you?

39. What would you like to say to your father?

40. What would you like to say to your mother?

41. Where is your favorite spot in your home?

42. What would be your dream job?

43. You're awake at 3am and can't get back to sleep. What do you do?

44. What do you need to stop doing?

45. If you could write your own eulogy, what would you say?

46. What problem have you recently fixed?

47. What woman in history do you most admire? Why?

48. What man in history do you most admire? Why?

49. You want an unusual pet. What do you choose?

50. What would you title your autobiography?

51. You have the whole day off with no responsibilities. What do you do?

52. What one thing would you like to change about yourself?

53. Your friend is facing a hard choice. What do you say or do?

54. What's on your "bucket list" (things you want to do before you kick the bucket)?

55. What is the most romantic thing your spouse has done for you?

56. What did you learn about marriage from your parents (both good and bad)?

57. What problems are you facing today?

58. You're stuck in an elevator for four hours. What items do you wish you had?

59. What do you feel qualified to teach?

60. What would you say or do for someone facing the loss of their home?

61. You want to create a blog. What is it about?

62. What significant change has happened recently? How are you handling it?

63. What small change would improve your spiritual walk?

64. Your house is on fire. What do you grab on your way out the door?

65. What do you tell yourself when you fail?

66. You just received great news. How do you celebrate?

67. What legacy do you want to leave your children?

68. What makes you angry? How do you handle your anger?

69. What is your dream vacation?

70. Who is your favorite teacher? Why?

71. What do you value more - honesty or kindness?

72. What are you doing that is not working well?

73. What is your favorite childhood memory?

74. How many different ways can you kiss? (you can list or demonstrate) 😊

75. If you were independently wealthy, how would you spend your time?

76. What is the ultimate dessert?

77. What is the best advice anyone has given you?

78. What small change would improve your marriage relationship?

79. What is your favorite time of year?

80. What language would you like to learn?

81. You have two months to live. How do you spend your time?

82. What recent news story caught your attention? Why?

83. You're creating a video game. What is the goal of the game?

84. What was your favorite subject in school? Least favorite?

85. Who is the kindest person you have ever met?

86. If you could hold any public office, which would you choose?

87. You're going to college. What is your major?

88. You want to pay your spouse a compliment. What will bless him/her the most?

89. What is the scariest thing you've ever done?

90. If you could be someone else for a week, who would you choose?

-
91. You want to start a business. What will you do/sell?
-
92. Your friend finds out that their spouse had an affair. What advice do you give them?
-
93. You want to surprise your spouse with sex in an unusual place. Where would that be?
-
94. If you had to eat dinner at the same restaurant for a month, which would you pick?
-
95. If you could take back one thing you've said, what would that be??
-
96. What fact about yourself is little known?
-
97. What part of your city would you like to fix up? What would it look like when done?
-
98. What were you afraid of as a child? As an adult?
-
99. What small change would improve your overall physical health?
-
100. What was your favorite toy as a child? What is your favorite "grownup toy"?
-
101. You are alone at home all day. What do you do?
-
102. What do you like the best about your job?
-
103. What is your favorite word? Least favorite word?
-
104. You want to volunteer. What cause or organization do you choose?
-
105. You've been abducted by aliens. What goes through your mind?
-

106. What movie do you find encouraging? What is the message of the movie?

107. Which room in your home would you like to remodel or update?

108. What would you do if a good friend asked you to do something illegal?

109. What is your favorite holiday? Why?

110. What does being successful mean to you? How will you know when you get there?

111. Would you rather delegate or be the person delegated to?

112. You are the opposite sex for a day. What do you do?

113. How are you unique?

114. What is your least favorite chore? Most liked or enjoyed chore?

115. Who is the most courageous person you have ever met?

116. You've run away from home to join the circus. What is your job?

117. What is the most creative thing you've ever done?

118. What is your favorite commercial?

119. What is challenging or difficult about being a wife/husband?

120. What "hats" do you wear? (teacher, parent, spouse, gardener, friend, etc.)

121. In what ways do you feel rich? Poor?

122. In what ways do you feel old? Young?

123. What did you learn about sex from your friends and culture?

124. You want to have a fun party with friends. What is the theme?

125. What one small thing could you do to be more organized?

126. Who do you trust?

127. What question would you like to ask your spouse?

128. What advice would you give someone just graduating from high school?

129. What are you avoiding?

130. What makes you smile?

131. Which is more important to you – common sense or education?

132. What do you think heaven will be like?

133. You've just heard a bad rumor about a friend. What do you do?

134. How do you recharge after a hard or stressful week?

135. What did you learn from your first job?

136. What do you like best about being male/female?

137. With whom are you angry?

138. If you could live in any time in history, what would you choose?

139. What is the most unusual thing you've ever eaten?

140. What is your happiest memory that includes your spouse?

141. What is your greatest need?

142. What qualities do you look for when picking friends?

143. If you were in trouble, who would you turn to?

144. For what item would you be willing to stand in line more than four hours to buy?

145. What one goal would you like to meet in the next month?

146. What is your favorite blog? (It's OK to say The Generous Wife.) 😊

147. What motivates you to get out of bed each morning?

148. What one small thing could you do to improve your sex life?

149. You can invite anyone over for dinner. Who do you choose?

150. For what are you grateful?

151. What is the most interesting or unique thing that you own?

152. What do you like about your marriage?

153. If you were going to get a tattoo, what would it look like?

154. When was the last time you were embarrassed?

155. Who do you pray for the most?

156. What do you do when you know someone is angry with you?

157. Who is the most inspiring person you have ever met?

158. Who is the most difficult person you have ever met?

159. What book(s) would you encourage everyone to read?

160. What event are you looking forward to?

161. How do your closest friends influence you?

162. You get to create a holiday. What is it for and what do you call it?

163. What is on your list of things you want for Christmas?

164. What toy did you wish for, but not get as a child?

165. What would you like to be famous for?

166. Who is the friendliest person you know?

167. What question do you want to ask God?

168. How do you act when someone hurts your feelings?

169. What do you do well?

170. What is holding you back?

171. Who are your best friends? Why do you like them?

172. What do you do when you feel overwhelmed?

173. What do you do when you feel joyful?

174. What do you need prayer for?

175. What risks are you taking?

176. What one skill would you like to improve?

177. What does your spouse do or say that is very sexy?

178. How would you like to change your diet?

179. Where do you turn for comfort?

180. You're creating a sculpture. What is it?

181. What one thing can you do to build your friendship with your spouse?

182. What dream do you have that you haven't started to make come true?

183. You're procrastinating. What do you need to motivate you to get the job done?

184. What one thing has been hard to forgive?

185. What is the biggest mistake you've ever made?

186. What the wisest choice you've ever made?

187. You're holding a basket for an afternoon in the park with your sweetie. What's in it?

188. If you had to play a part in a movie, what movie would you choose? What role?

189. Today is an ordinary day. How do you shake things up a bit?

190. You can be anyone in history for a day. Who would you like to be?

191. You can be any fictional character for a day. Who would you like to be?

192. What is the nicest compliment anyone has given you?

193. You're making a banner for your spouse. What does it say?

194. What three labels would you wear?

195. What three labels would you put on your spouse?

196. What do you like best about being your current age?

197. What makes you cry?

198. You find a large whiteboard and markers. What do you write/draw?

199. What weird or unusual food would you be willing to try?

200. What's the best costume you've ever worn? Best you've seen on another person?

201. What tasks in your day take two minutes or less?

202. What discourages you?

203. What encourages you?

204. What does your spouse wear that you find sexy?

205. Whose marriage do you admire? Why?

206. What large item purchase would you like to save for?

207. What new habit do you want to create?

208. What 3 words best describe your life?

209. What new couple or family tradition would you like to start?

210. You are totally bored. What do you do?

211. What rule do you think needs to be broken?

212. What is the hardest thing you've ever done?

213. What do you do that you feel good about?

214. When do you feel lonely?

215. You have a small amount of money. What do you do for a date on the cheap?

216. You're sending a postcard. Who is it to? What do you say?

217. You get to design the perfect (for you) backyard. What does it look like?

218. If you could create an item that people would remember you by, what would it be?

219. You want to make an invention. What does it do?

220. What is your favorite way to flirt with your spouse?

221. What's your personal life mission statement? Couple or family mission statement?

222. Your friend lands in jail. What do you do?

223. You're a photographer. How would you photograph your spouse?

224. What events have changed your perspective on life?

225. You just planted something. What kind of plant was it?

226. What is your favorite Autumn activity? Winter? Spring? Summer?

227. You're watching the news. What stories grab your attention?

228. Your spouse hands you a box. What's in it?

229. Pick a book that you like. How would you change the ending?

230. Pretend you are a kid again. What would you make out of boxes?

231. What are you grateful for?

232. Pick a person from your day. Put yourself in their shoes. What do they need?

233. What five books are a must for your personal library?

234. You look into the mirror and it opens into another world. What does it look like?

235. What's in your junk drawer (craft drawer, misc. drawer, whatever you call it)?

236. You're creating a chocolate covered dessert. What's under the chocolate?

237. How do you communicate to your spouse that he or she is special?

238. What magazines would you like to subscribe to?

239. Someone breaks a favorite possession. How do you react?

240. Friends ask you to head up a committee. Yes or no? Why?

241. What do you want to be like when you are 80?

242. What kind of sexual fantasies do you have about your spouse?

243. What do you think about when you are alone?

244. If you could witness a historic event, what would you choose?

245. You just bought a new hat. What does it look like?

246. What do you need to organize?

247. Who do you need to thank?

248. What bad self talk do you need to stop?

249. What or who encourages you to be a better person?

250. You're painting a picture. What is the subject of that picture?

251. You want to create a team for a project. What's the project? Who's on the team?

252. Courage is the theme for the day. How do you live it out?

253. Service is the theme for the day. How do you live it out?

254. Patience is the theme for the day. How do you live it out?

255. You're traveling for a month. What personal items do you take?

256. What one thing do you need to get done today?

257. You're opening a restaurant. What kind of restaurant? What's your signature meal?

258. You're mailing a package. Who is it for? What's in the package?

259. What day in your life would you like to live over again?

260. You're having a stressful day. How do you turn it around?

261. You have a large driveway and a mess of chalk. What do you write/draw?

262. What is valuable to you?

263. What do you need to say to yourself each morning?

264. What would you like to change about your neighborhood?

265. You look up into the night sky and see a shooting star. What do you wish?

266. What makes your house a home?

267. What topic of conversation interests you?

268. What has been the most significant loss in your life?

269. You find a treasure box. What's in it?

270. What has been the highlight of your week? Low point?

271. Road trip!!! Where are you going?

272. Something you are looking forward to is cancelled. How do you deal with it?

273. You wake up ten years in the future. What does your life look like?

274. What do you have planned as a weekend project?

275. What three words best describe your sex life?

276. You climb a giant beanstalk. What do you find at the top?

277. What note do you want to find on your mirror in the morning?

278. You're having a party. Who do you invite?

279. Three people need your attention at the same time. How do you handle it?

280. What struggles have caused you to grow?

281. You are a part of a theater production. What role do you play?

282. What would you like to eat for dinner tomorrow?

283. You are facing a room full of 3rd graders. How do you keep them busy?

284. You just won a contest. What's your dream prize?

285. Your spouse is facing a difficult situation. What do you do to encourage them?

286. Are you content?

287. You're a tour guide. Which museum, city or historical landmark?

288. What made you fall in love with your spouse?

289. You are writing a note to leave for your spouse. What do you write?

290. You're putting pictures on the wall. What is the subject of the pictures?

291. You have boxes and boxes of Legos®. What do you build?

292. What do you remember about last year?

293. What do you need to say "no" to?

294. What tempts you?

295. What's your favorite section of your favorite store?

296. What has been the hardest season of your life?

297. You have an assistant for the day. What do they do? What do you do?

298. You want to (pleasantly) surprise your spouse. What do you do?

299. Where do you find your worth?

300. What new hobby would you like to try?

301. What does sex, and the intimacy that comes with sex, mean to you?

302. You just whispered in your spouse's ear. What did you say?

303. What do you need to be more consistent about?

304. What advice would you give to someone facing a huge change in their life?

305. This is your last day on the job. What do you say to your co-workers?

306. It's game night. What do you play?

307. What does "hospitality" mean to you?

308. Where have you changed your mind in the last couple of years?

309. What does "courage" mean to you?

310. Who was your best friend when you were a kid? What were they like?

311. What are you waiting for?

312. What could you cut out of your life that would make your life more sane?

313. Your spouse is leaving for the weekend. What do you slip into their suitcase?

314. Where is your favorite place to take a walk?

315. What story about your life do you enjoy telling?

316. What is your favorite day of the week? Why?

317. What do you love about your life?

318. You've just told a lie. What do you do?

319. What would you like to get better at doing?

320. You have 15 minutes before leaving the house. How do you spend that time?

321. What do you do sexually that makes you feel more masculine/feminine?

322. What makes you feel confident?

323. What is important today?

324. You're creating a documentary. What is the subject of it?

325. What five things do you like that start with the letter "C"?

326. What five things do you like that start with the letter "M"?

327. What five things do you like that start with the letter "R"?

328. What bit of advice would you give to yourself at the age of 16?

329. Where do you need to be more generous with your time?

330. You want to play in a fun competition with friends. What's the activity?

331. What do you have in common with your spouse?

332. You have 15 minutes to do something nice for your spouse. What do you do?

333. You're rummaging around looking for a snack. What do you hope to find?

334. What good thing happened to you this week?

335. What do you do that helps you experience God's presence?

336. Where is your favorite place to cuddle with your spouse?

337. What do you want to do on your 50th wedding anniversary?

338. What does your spouse do that speaks love to you?

339. What would you like your morning routine to look like?

340. Your spouse hands you some love coupons. What do you hope they are for?

341. Date night is your choice. What do you want to do?

342. What makes you feel safe?

343. You're walking down a trail. What do you hope to see?

344. You're stepping onto a tour bus. Where are you?

345. What clothes are you most comfortable in?

346. How do you introduce yourself?

347. Who are your neighbors?

348. Who is your mentor? Who do you mentor?

349. What do you consider when you make decisions?

350. Do you prefer making love with the lights on or off?

351. What job(s) would you like to try for a day?

352. What was the last thing that you bought for yourself?

353. What gives you the sense of belonging to a group? Being on the outside?

354. What rule would you create to make the world a better place?

355. What is your earliest childhood memory?

356. You've just sprouted wings. Where do you fly?

357. Your pet can talk. What do you say to each other?

358. What is the best deal/bargain you've ever found?

359. What place do you NEVER want to visit?

360. How do you describe God?

361. How would like your boss (or other authority figure) to act toward you?

362. What is God trying to teach you?

363. What do you know a lot about?

364. You smell cookies baking in the oven. What comes to mind?

365. What would you like for a nickname?

And one more for leap year ...

366. Where do you need to take a leap of faith?

