



THE LEGACY EXCHANGE PROJECT

Suggestions for Interview Questions

Below is a list of suggested questions that you may find helpful in preparing your interview session. Feel free to use any of them, or one of your own design.

We suggest focusing on just one or two questions at most, depending on the depth of your responses and whether you are doing a one-sided interview or a two-sided interview. Interview recordings will be 30 to 40 minutes long and the recording session, including sound check, lasts 45 minutes. The focus of the interviews is to capture the varied experiences and reflections of our individual and collective spiritual journey.

Please select one or two questions for your interview. Choose from these below, or pick one or two of your own.

General Questions:

Who or what inspires you? How so?

What insights or reflections from your own journey thus far would you like to share with others?

Is there anything that Present Day You would like to say to Younger You?

What are you learning about yourself?

Please finish this sentence: "Being a real human being is..."

Self-reflections:

If you could do anything now, what would you do? Why?

What gets you out of bed in the morning?

What do you think motivates you to do what you do the way that you do it?

Spirituality:

How has your faith evolved over time?

How have/how do you experience the Divine in your life?

Where do you turn in times of doubt?

What is the compass that guides you now? Is it different from what it has been in the past? How so?
How do you support your inner life? What is rewarding about this? What's challenging about cultivating an inner life?
How are your values reflected in the way you express your life?