

40 Questions for Daily Routines

General Questions:

1. What is your typical **daily routine** like?
2. Do you have a **set schedule** for your days?
3. How do you **manage** your time effectively?
4. What is your **morning routine**?
5. What do you do to **relax** after a long day?
6. How do you **prepare** for work or school?
7. What is your **favourite** part of the day?
8. Do you **prefer** to be a morning person or a night owl?
9. How do you **balance** your work and personal life?
10. What is your **biggest challenge** when it comes to managing your time?

Work and School:

11. What is your **job** or field of study?
12. How do you **commute** to work or school?
13. What is your **typical workday** like?
14. What are your **goals** for your career or studies?
15. How do you **stay motivated** and focused?
16. What do you **find most rewarding** about your work or studies?
17. What are your **challenges** in your current role?
18. How do you **deal with stress** related to work or school?
19. What are your **future plans** for your career or studies?
20. How do you **prepare** for exams or presentations?

Home and Hobbies:

21. What do you **enjoy doing** in your free time?
22. Do you have any **hobbies** or interests?
23. How do you **relax** and unwind at home?
24. What is your **favourite** way to spend a weekend?
25. Do you have any **pets**? If so, what kind?
26. How do you **maintain** your home?
27. Do you **like to cook**? What is your favourite dish to make?

28. Do you **enjoy gardening** or other outdoor activities?

29. How do you **stay organized** and clutter-free?

30. What is your **dream home** like?

Social Life and Relationships:

31. How do you **spend time** with friends and family?

32. Do you **prefer** spending time alone or with others?

33. What is your **social circle** like?

34. How do you **maintain** your relationships?

35. Do you **have any close friends**?

36. How do you **deal with conflict** in your relationships?

37. What is your **love life** like?

38. Do you **have any children**? If so, what is it like being a parent?

39. How do you **balance** your social life with your other responsibilities?

40. What is your **biggest challenge** when it comes to relationships?

