**1.** [How can exercise and good sleep work together to create better health?](https://www.premierphysiciannet.com/Health-and-Wellness/Health-Topics/Sleep-Health/#3)

2. What to do if you don’t believe you’re the expert on the topic. How should you present your topic to the audience?

3. How can you be better prepared to speak in public ?

4. What do you think should be done to improve living condition in cities?

5. What are some differences between living in the city and living in the country?

6. Would you prefer to live in a really old historical city, or a really new modern city?

7. Do you think that each city should have their own laws or could all cities share the same general laws?

8. If you had grown up in a different city, how would your life have been different?

9. What are the major problems in your city?

10. Which cities would you like to visit around the world? Why?

11**. What is the best way to train people to be creative?**

12. **How do you build a culture of creativity?**

**13.** What annoys you about living where you live now?

14. What part does trust play in your relationships with your friends and family? How would these relationships be affected if you found out someone was lying to you?

15. What annoying habits do your friends have? How do you accept it?

16. Can you think of some things children do that annoy adults around them?

17. Do you think life gets easier or more difficult as you get older? Why?

18. How important are regrets in a person's life? Would a person be better or worse off without

any regrets?

19. Don't cry over spilt milk. What does this mean? Please explain.

20. It's never too late to be who you might have been. What does this mean? Do you agree or disagree? Why?

21. What kind of problems does dishonesty cause? Why is honesty so difficult at times?

22. Can your parents trust you? Why or why not? What role does trust play in your relationship with your parents? Have your parents talked to you about trust? How important is it to you and your parents?

23. What are some of the factors of motivation? What are three things that motivate you? What is the difference between internal and external motivation?

24. A job you would love to do. What do you think the advantages of the job would be? What makes you think you might be good at it?

25. Why is English used in so many places? Do you think that a language other than English should be used as an "international language"?

26. If you were going to marry someone, but had a family secret they should know before you get married would you tell them? Why? Why not?

27. Did you have a happy childhood? What did you like to do when you were a child?

Do you want to bring up your children in the same way you were brought up?

28. What do you think about multitasking? Do you think multitasking helps you to use your time better?

29. What takes up most of your time? Do you think you manage your time wisely? Do you think time moves slowly or quickly?

30. What comes to mind when you hear the word ‘silence’? When are the best times for silence? Would you like life and the world to be more silent?