

101 QUESTIONS BEFORE IT'S TOO LATE

*A little book to help you reflect on the life you've lived
— and the time you have left.*

WRITTEN BY
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A Note Before You Begin

Last year I lost my wife. The hardest part wasn't the big things — it was realizing how many ordinary moments I never stopped to notice while they were happening.

These are the questions I wish I'd asked myself sooner. Not to make you sad. To make you present.

Take your time. Answer them in any order. Show them to no one if you don't want to. Just be honest.

— *Walt Brenner*

SECTION I

Love & Relationships

1. Who taught you what love actually looks like, and did you ever tell them?

2. What's a small thing someone you loved did that you didn't appreciate enough at the time?

3. Is there someone you love who doesn't know how much?

4. What conversation have you been putting off having with someone you care about?

5. Who would you call right now if you found out you had one year left?

6. What's a fight you're still carrying that isn't worth carrying anymore?

7. Who forgave you for something you've never really forgiven yourself for?

8. What's the kindest thing anyone has ever done for you — did they know it mattered?

9. Is there someone you've lost touch with that you think about more than you'd admit?

10. What do you wish someone had told you about love before you learned it the hard way?

- 11.** Who in your life has loved you the longest, and what have you done to earn that?

- 12.** What's something your parents did that you swore you'd never do — and did you?

- 13.** If the people you love wrote down what they remember about you, what would surprise you?

SECTION II

Regret & What You'd Do Differently

- 14.** What's a risk you didn't take that still crosses your mind?

- 15.** Is there a version of your life you sometimes wonder about — the one you didn't choose?

- 16.** What's something you said that you can't take back?

- 17.** What's something you didn't say that you wish you had?

- 18.** Who did you let down, and did you ever tell them you were sorry?

19. What would you tell yourself at 25 if you could?

20. What's a door you closed too early?

21. Is there a dream you quietly gave up on, and why?

22. What's the most expensive mistake you ever made — not in money, in time?

23. What's something you did purely out of fear that you regret?

24. Who did you compare yourself to for too long?

25. What's a “someday” you kept postponing that never came?

26. If you could undo one decision, would you actually want to?

SECTION III

Presence & Ordinary Moments

- 27.** What's an ordinary day from years ago you'd give anything to live again?

- 28.** When did you last actually notice where you were, instead of just passing through?

- 29.** What's a small routine with someone you loved that you didn't realize you'd miss?

- 30.** How often are you actually present with the people in front of you?

- 31.** What's something beautiful you walked past today without seeing?

- 32.** When did you last sit somewhere with nothing to do and nowhere to be?

- 33.** What does an ordinary Tuesday look like when you're paying attention to it?

- 34.** What sound, smell, or place instantly takes you back to a moment you loved?

- 35.** Who do you spend time with out of habit rather than choice — and is that okay?

- 36.** What's a moment you were too busy or distracted to fully have?

- 37.** If today were being recorded, what would you want to remember about it?

- 38.** What's the difference between being somewhere and actually being there?

- 39.** When did life start moving faster than you wanted it to?

SECTION IV

Courage & Roads Not Taken

- 40.** What's something you've always wanted to try but told yourself it was too late for?

- 41.** What would you do differently if you weren't afraid of what people would think?

- 42.** What's a version of yourself you gave up becoming?

- 43.** Where did you play it safe when you actually wanted to take the risk?

- 44.** What's something you've always wanted to say out loud but haven't?

- 45.** Who do you envy, and what does that tell you about what you actually want?

- 46.** What would you attempt if you knew you couldn't fail?

- 47.** What's a fear that's quietly been running your life?

- 48.** When did you last do something for the first time?

- 49.** What's something you used to be brave about that you've stopped being brave about?

- 50.** If your younger self saw your life today, what would surprise them most?

- 51.** What's the boldest thing you've ever done — why don't you do things like that anymore?

- 52.** What are you still waiting for permission to do?

SECTION V

Legacy & What You'll Leave Behind

- 53.** What do you want people to remember about how you made them feel?

- 54.** If you had to describe your life in one sentence, what would it be?

- 55.** What's something you know now that you wish you could pass on to your children or grandchildren?

- 56.** What object do you own that carries more meaning than its price?

- 57.** What story about your life do you most want told correctly after you're gone?

58. What's a lesson you learned the hard way that you'd like to spare someone else from?

59. Who has your life changed, even in ways you'll never know about?

60. What would you want written about you that isn't about your job or your money?

61. What's a tradition you want to make sure continues after you?

62. If someone read your journal in fifty years, what would you want them to understand about you?

63. What's the wisest thing you know, and who have you told?

- 64.** What do you hope people say about you when you're not in the room?

SECTION VI

Time & Priorities

- 65.** If you knew how much time you had left, what would you stop doing tomorrow?

- 66.** What are you spending your best hours on, and is it what actually matters to you?

- 67.** What would you do with an unexpected free afternoon, if you let yourself?

- 68.** What's something you keep saying you'll do "when things slow down"?

- 69.** What's costing you more time than it's worth?

70. If your calendar reflected your real priorities, what would have to change?

71. What's the difference between what you say matters most and how you actually spend your week?

72. What would your ten-years-from-now self thank you for starting today?

73. What have you been too busy to grieve, celebrate, or feel?

74. If this year were your last, what would you refuse to spend it on?

75. What's something urgent that isn't actually important?

76. Who gets your leftover energy instead of your best energy?

SECTION VII

Forgiveness & Letting Go

- 77.** Who are you still angry at, and what is holding onto that anger costing you?

- 78.** What's something you need to forgive yourself for?

- 79.** What grudge have you been carrying longer than it deserves?

- 80.** Who do you need to make peace with before it's too late to say it?

- 81.** What's a wound you've been protecting instead of healing?

82. What would it feel like to finally put down something you've carried for years?

83. Who hurt you in a way you've never said out loud?

84. What's a story about yourself that you keep repeating that isn't kind, or isn't true?

85. What would change if you decided today the past doesn't get a vote in your future?

86. What's something you've never told anyone, and what would it feel like to release it?

87. Who do you need to hear say “I forgive you” — even if it's only you saying it to yourself?

88. What are you still punishing yourself for?

SECTION VIII

Gratitude & What Truly Mattered

- 89.** What's something ordinary you'd miss the most if it were gone tomorrow?

- 90.** Who showed up for you when it mattered most — have you thanked them properly?

- 91.** What's a hardship that, looking back, gave you something you wouldn't trade?

- 92.** What small pleasure do you take for granted every single day?

- 93.** Who believed in you before you believed in yourself?

94. What's something you have today that you once prayed for?

95. What's a moment of pure, uncomplicated happiness you still carry with you?

96. What are you grateful for that you've never said out loud?

97. What's something imperfect in your life you've come to love anyway?

98. Who made your hardest years bearable?

99. What's a memory that still makes you smile every time it surfaces?

- 100** If you had to relive one year of your life exactly as it happened,
- which would it be, and why?

- 101** When you think about the life you've lived so far, what are you
- most proud of — not achieved, but lived?

Before You Go

You made it through all 101.

If any of these stirred something up about the practical side of starting over — your routines, your confidence, your finances — that's what my workbook *Back in Control* walks you through, step by step.

It's a natural next step from here, whenever you're ready.

*This book is for personal reflection. It is not therapy, counseling, or professional advice.
If you are in emotional distress, please reach out to a mental health professional or a
trusted person in your life.*