

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## Conversation Starters for Small Groups

### SELF REFLECTION

- What is an interesting skill that you have?
- What would your closest friends say is your best character trait?
- What has been one of your favorite moments in life? What is something you miss from your past?
- What is the most adventurous thing you have ever done?
- What is difficult for you now, but was easy as a child? What was hard as a child, but is easier now?
- What is a goal you plan on accomplishing this year? What is one of your greatest motivators in life?
- What is something you know really well? How did you gain this knowledge? How might you build on it?
- What is something you would like to do more? How might you create opportunities to do so?
- Who affirms your strengths and sow seeds of possibilities in your life?
- What is a talent or skill you like to develop? What part of yourself would you like to improve?
- What has been your greatest accomplishment so far? What are your hopes for the future?
- What is something you have recently discovered that you are excited about?

### INTERESTS & EXPERIENCES

- What language would you like to master?
- What is something you have always wanted to learn?
- How well would you get along with your clone? What would bring you joy and what would bother you?
- What was happening the last time you laughed so hard that you cried?
- What do you have on your refrigerator door?
- What fun experiences have you recently had? What or who made you smile in the last two weeks?
- What is the best, worst, or funniest job you have ever had?
- What was the highlight of your week? Share a recent moment that was something funny or memorable.
- What is one of your favorite topics of conversation?
- What act of kindness has someone else done for you recently?
- What is one of your favorite places in the world? What is something that amazes you?
- What is the strangest food you have ever tried? Did you like it?
- How will you spend your time at the next travel location on your bucket list?
- What books are on your reading list? What's your favorite genre? What's the last book you read?

### FAVORITES & REFLECTIONS

- What is one of your favorite things about someone in your family?
- Name a time you learned something from a failure. What is one thing life is teaching you right now?
- What is one personality trait you admire in others?
- Describe one or two memorable moments in your life.
- What is something you used to believe? How have your views on life, faith, politics, or money changed?
- What is an issue that you wish more people would talk about? What is an idea you strongly believe in?
- If you could give one piece of advice to a large group of people, what would it be?
- What is your greatest challenge right now? What holds you back from doing what you really want?
- What is one crucial ingredient for true happiness?
- What is one thing or situation that scares you?
- What are you grateful for?
- How did you learn your most important lesson in life?
- If you had 10 years left to live, how would you live your life differently?
- What's an interesting fact about yourself that most people don't know?



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