

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## Name Your Top 3 Conversation Starters

### TOP 3 FOODS

- Fast food restaurants
- Desserts
- Beverages
- Junk foods
- Grilled food

### TOP 3 ENTERTAINMENT VENUES

- Movies
- Authors
- Musicians
- Magazines
- Television shows
- Video games
- Websites

### TOP 3 TRAVEL DESTINATIONS

- State getaways
- Mountain getaways
- Beach destinations
- Future trip locations
- Sacred places

### TOP 3 REMEMBRANCES

- Family vacations
- Family milestones
- Influential people
- Most memorable books
- Pivot points in life
- High school memories
- Work experiences

### TOP 3 POTPOURRI ITEMS

- Favorite causes
- Biggest regrets
- Biggest challenges faced
- Best personal attributes
- Favorite possessions

### TOP 3 ITEMS ON BUCKET LIST

- Events/classes to attend
- Skills to master
- Friendships to foster
- Habits to cultivate
- Goals for the upcoming year

### TOP 3 PEOPLE/GUIDES

- Mentors/guides in life
- Role models
- Closest friends
- People that make you laugh
- People that are there for you when need them

### TOP 3 FAMILY ACTIVITIES/MEMORIES

- Favorite holiday gatherings
- Rituals/traditions
- Activities you do together
- Words to describe your family
- What mattered most to your family
- What you like best about your family
- What family members would say about you

### TOP 3 PASSIONS/INTERESTS

- Leisure activities
- Wellsprings in life
- Things you enjoy talking about
- Topics you like to learn about
- Things you want to do more often

### TOP 3 CHURCH ELEMENTS/ACTIVITIES

- Programs/activities you enjoy/find meaningful
- Parts/elements of the weekly worship services
- Relationships you've built at church
- Causes that the church sponsors/supports
- Words you'd use to describe the church
- Hopes you have for your church
- Concerns you have for your church

### TOP 3 SPORTS

- Professional players
- Teams
- Activities
- Olympic events
- Sports clothing brands

### TOP 3 LEGACIES TO CREATE

- What you want to be remembered for
- Causes you'll invest in
- Skills to develop/master
- Memories to create with and for others
- Advice to pass on to the next generation



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