

Conversation

Starters

Volume 1



Sometimes a great question is all it takes to spark up a lively conversation! Whether it's to open a team meeting, begin a team-building activity, or simply to begin a dialogue with a friend or associate, these conversation starters can help.

Don't see a favorite conversation starter listed? Send us your ideas at heartu@heart.org.

If you woke up tomorrow as an animal, what animal would you choose to be and why?

If you could live anywhere on this planet and take everything that you love with you, where would you choose to live? Tell the group about your choice.

If you could sit on a bench in a beautiful woods, who would you like sitting next to you on the bench and why?

Are you sunrise, daylight, twilight, or night? Please share why you picked your time of day?

If you could meet any historical figure, who would you choose and why?

If you could be in the movie of your choice, what movie would you choose and what character would you play?

If you were a city, which city would you choose to be and why?

If you were to change your name, what name would you adopt going forward? Why?

**Are you spring, summer, fall, or winter?
Please share why.**

If you were stranded on a desert island, what three items would you want to have with you?

What item that you don't have already, would you most like to own?

If you could only choose one vacation destination where would you pick and why?

What event do you remember most fondly from high school?

What's a favorite family memory that has stuck with you into your adult life? Why?

What is the most memorable vacation you've taken in the past?

What's rocking your world this month?

What's your favorite activity to do locally and why?

What part of your current job is your favorite?

Share one thing that you love to do that you get to do nearly every day.

What's your most significant current job challenge?

What would you like to accomplish in your job this year?

What is your favorite local restaurant and the meal you most enjoy eating when there?

**What outdoor activities do you most enjoy?
How often do you get time to participate?**

What is one goal that you plan to accomplish during your adult lifetime?

Describe your dream vacation.

What do you enjoy in your favorite breakfast that you make at home?

What is the best meal that you have ever made for dinner?

What is something interesting that you have seen or learned recently?