

32 QUESTIONS FOR REAL CONNECTION

Conversation *Cards*

Mental Fitness grows in everyday moments of real connection.
Use these with your team, your family, or a friend.

01

Cut and shuffle.

Cut along the dashed lines and stack the deck face down.

02

Draw one card.

Take turns reading the question out loud and answering.

03

Listen first.

Ask one follow-up before you share your own answer.

SET 1 OF 4

Conversation *Cards*

NO. 01

How would you describe your childhood?

NO. 02

What is your favorite picture you've taken this year?

NO. 03

How do you prefer to spend your down time lately?

NO. 04

What music are you loving these days?

NO. 05

What sounds fun to you right now?

NO. 06

What is something you want to be known for?

NO. 07

What is something that brings you joy?

NO. 08

What is something you're looking forward to?

SET 2 OF 4

Conversation *Cards*

NO. 09

Who is somebody that makes you laugh?

NO. 10

What is a meaningful memory from your past?

NO. 11

Describe your ideal way to spend a weekend.

NO. 12

What is something you'd like to spend more time doing?

NO. 13

Name a celebrity you'd like to have coffee with. Why?

NO. 14

What is your love language?

NO. 15

What books or shows have you enjoyed lately?

NO. 16

What is something you learned about yourself this year?

SET 3 OF 4

Conversation *Cards*

NO. 17

What is your most used emoji?

NO. 18

What's a challenging moment this year that taught you something valuable?

NO. 19

Who is one person you are thankful for? Why?

NO. 20

What character quality do you hope others say is true about you?

NO. 21

If you could star on any TV show, what would you choose?

NO. 22

Who is someone you want to spend more time with?

NO. 23

How do you prioritize rest during busy seasons of life?

NO. 24

Do you have a favorite quote or mantra that inspires you?

SET 4 OF 4

Conversation *Cards*

NO. 25

What are you most thankful for in your life right now?

NO. 26

What is a skill you'd like to learn?

NO. 27

What is something you miss?

NO. 28

Who is somebody you admire? Why?

NO. 29

What are you most proud of?

NO. 30

When do you feel most relaxed?

NO. 31

If you could go on a trip tomorrow, where would you go?

NO. 32

What's your favorite season? Why?