**Conversation**

**Better conversations with family and friends**

* Prepare what you have to share. How would you answer the questions below?
* Prepare questions you want to ask; make goals about who you want to connect with. Open ended questions. Connection people together with what you learn. Share what you learn with other people. Contribute to the culture that you are attracted to by echoing back messages that deserve affimation.

**Topics:**

* **Today?**
  + **How has your day been?**
  + **How did you sleep?**
  + **What did you do last night?**
* **Recently?**
* **Since I last saw you?**
  + **Follow up on specific element, topic from last conversation.**
* **Lead with a story that made you think of the person, prompted you to reach out.**
* **Family update-- mental map of family**
  + Nuclear
  + Extended
  + In-laws
* **Current events/upcoming events**
* **Family plans, hopes, dreams**
* **Health**
  + Diet
    - What have you been cooking
    - Eating out?
    - Favorite family restaurants? Meals?
    - Any favorite ingredients recently
      * Lemons, sliced almonds, turmeric, greens, eggs, pepitas, coconut oil..
  + Disease
  + Injury
  + Reading
  + Practice
* **Fitness**
  + Practice
  + Injury
  + Journal
* **Technology (love, hate)**
* **Apps**
* **Sports**
* **Weather**
  + Recently
  + Look forward to
  + Want to dial up…
* **Job/employment**
  + What do you do?
  + What drew you to that line of work?
  + Do you like it?
  + How is your company?
  + What’s the culture like?
  + What’s your role?
  + What’s great about your job?
  + What is not so great about your job?
  + What kind of commute do you have?
* **Housing**
  + Repair/maintenance
  + Furnishings
  + Redecorating
  + Moving/buying/selling
  + Dream home
  + How many homes? Biggest? Smallest?
* **Travel plans**
  + Any upcoming travel plans?
  + Any bucket list travel travels?
  + What was the last trip you took?
  + What was the best trip you have taken/best vacation?
  + What’s your ideal vacation?
* **Hobbies**
  + New
  + Old
* **Music**
  + Making
  + Concerts
  + Listening
* T**V/Movies**
* **Books / Reading**
* **Church/Organization**
* **Acquaintance updates, announcements, gossip**
* **Friends**
* **Babies**
* **Old People**
* **Students**
* **Food**
  + Cooking
  + Eating out
  + Grocery shopping
* **Learned anything recently**
* **What’s been fun?**

**What do you collect -- intentionally or unintentionally?**

**Are you on any kicks of late-- health, food, entertainment.**