**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.

I am seeking out our intersections. Mapping out our shared interfaces. Figuring out how to develop and enhance the best ones.

Get back to neutral interfaces-- have you surrendered interfaces?

* Topic shift
* Deeper dive
* Clarification
* Motives
* Check the time
* Make a joke
* Stretch
* Breath

**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.**

**QUESTIONS:**

**Recently?**

**Today?**

**Since I last saw you?**

**Specific follow up arching to last conversation.**

**Lead with a story that made you think of the personal, prompted you to reach out.**

**Family history**

**Current events**

**Family plans, hopes, dreams**

**Projects**

**Current events**

* **How’s your family?**
  + **Fun?**
  + **Stress?**
* **How’s your health?**

**\* Health**

Diet

Disease

Injury

Reading

Practice

**Fitness**

Practice

Injury

Journal

* + **Eating?**
    - **Eat out? New food? Something you’ve been enjoying lately? What does meal time look like at your house these days.**
  + **Cooking?**
  + **Drinking?**
    - **What is your favorite beer? Wine?**
* **How’s your job?**
  + **Interesting**
  + **Difficult**
  + **Easy**
* **What’s been working to beat the stress?**
* **Anything fun in the works?**
* **Anything unfun in the works?**
* **Salubrious jones compulsion/attraction (pet peeve, vice, obsession, ), unconscious good habit—celebrating good habits!!! i.e. “Any consistent salubrious Jones’s? Can you cultivate a salubrious Jones?**
  + **Water?**
  + **Spinach**
  + **Hate smoking**
* **Are you often coming in contact with people that are smarter than you and have more money than you?**

**Technology (love, hate)**

**Apps**

**Sports**

**Weather**

Recently

Look forward to

Want to dial up…

**Housing**

Repair/maintenance

Furnishings

Redecorating

Moving/buying/selling

Dream home

How many homes? Biggest? Smallest?

**Travel plans**

**Upcoming events**

**Hobbies**

New

Old

**Music**

Making

Concerts

Listening

T**V/Movies**

**Books**

**Church/Organization**

**Acquaintance updates, announcements, gossip**

**Friends**

**Babies**

**Old People**

**Students**

**Food**

Cooking