

# Connection Prompts



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## Very Light

What act of self-care should become a non-negotiable in your life?

Who is someone you admire and how do you wish you were more like them?

What's a skill you need to acquire to achieve your next goal?

How are you creating a life well lived?

What would you do for work even if you weren't paid for it?

What kind of mentor do you need to help you level up in your life?

Fast forward 20 years; what does life look like now?

When do you feel most alive?

What's your definition of success?

What's your North Star?

What's something that you tried reluctantly and it turns out you like?

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## Light

What's a hobby you care a lot about? What's important to you about it?

What is something you have never done but want to do before your life ends?

What would I be surprised to learn about you?

When have you exceeded your own expectations? What did you do?

What would constitute a "perfect" day for you?

What's something you feel grateful for today?

If you could wake up tomorrow having gained any one quality or ability, what would it be?

When you're having a bad day, what do you do to make yourself feel better?

What living person, other than family members, do you most admire and why?

What do you value most in a colleague?

What do you value most in a friendship?

What are some positive things that have happened in your life over the last week?

Tell us about a habit you are proud of breaking.

What compliments are the most meaningful for you to receive?

What's one of the most adventurous things you have ever done?

If you could take a year-long paid sabbatical, what would you do?

If you were going to become a close friend with your partner, please share what would be important for them to know.

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## Light

What do you value most about people that you let into your life?

Who is a professional role model that has inspired you?

What are your biggest pet peeves?

How do you best like to receive criticism?

When do you feel the most vulnerable?

Other than financial rewards, what else have you gained in your current work?

What seemingly insignificant thing contributes greatly to your happiness?

Where in your life are you living in a bubble?

If people came with a warning label, what would yours say?

What trip or experience changed your life for the better?

If you were given a year to live, what would you stop doing, and what would you start?

What's currently at the edge of your comfort zone?

What have you done in the last 6 months that you're most proud of?

What's a belief that you've adopted from others that doesn't serve you now?

What makes you feel appreciated?

What does freedom mean to you?

In what ways do you love to express yourself and in what ways do you not feel comfortable / safe to express yourself? Why not?

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## Light

What's the first thing you think of when you hear the word "home"?

What's one quality that you wish you had that you don't currently?

At the end of your life, what's one thing you'd regret not having accomplished or lived?

In 10 years from now, what do you think you'll miss the most from today's present?

What change did you make in your life that you're most proud of?

What's the most valuable lesson you've learned from a past relationship?

## Medium

Where are you making work the reason for not achieving your dreams?

In what ways do you let yourself down?

What negative trait do you publicly laugh about, but secretly know you need to fix?

What needs to happen for you to put courage over comfort?

Describe a time you felt a strong sense of belonging. Who were you being? How were others being?

Describe a time when you abandoned yourself in the workplace. What happened? Why did you do it? What was the impact?

If you were guaranteed to be successful in a different profession, what would you want to do?

What's one of the most courageous things you've ever done?

What do you feel most grateful for in your life?

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## Medium

If you could rid yourself of one habit, what would it be?

What personal trait has gotten you in the most trouble and why?

In what ways is fear holding you back in life?

What keeps you up at night?

What would you like to do in your life that you are not doing now and why?

What are the things that you worry about most?

What failure do you feel embarrassed to talk about? Tell us about it.

How has inaction negatively impacted your life?

What's your instinctive reaction when someone or something in your life hurts you?

Describe a time when you let someone down.

How easy is it for you to lose your temper? What does that look like?

How do you unintentionally upset others?

Where in your life are you lazy and what's your excuse?

What do you love about yourself that you worry others will struggle to accept?

Describe a time when you believed giving up was the right thing to do, but regretted it in hindsight.

What's a bridge that you're happy you burned and why?

Who deserves credit in your life that you've been slow to acknowledge?

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## Medium

What have you done from a place of insecurity that has had long-lasting effects?

Describe a time when you were your own worst enemy.

Where in your life are you making unhelpful assumptions?

What part of your life have you still not figured out and what's in the way?

Describe a time when you needed extreme courage to keep going because others gave up.

Describe a life lesson that took you more than once to learn.

What choice has had the greatest impact on your life?

What's the best mistake you've ever made and why?

Describe an argument you had that helped shape the person you are today.

How has social pressure shaped your life?

Describe a time when you achieved what you were striving for only to feel disappointed by the success.

Where are you playing it too safe?

When have you spoken out when it would have been easier to say nothing?

What compliments do you struggle to believe?

Where are you not taking responsibility in your life currently?

What big decision in your life felt scary at the time, but looking back was the best decision you could have made?

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## Medium

Where are you not accepting that you're a part of the problem?

What's something you're sure you'd never do, but secretly wish you had the guts?

Where are you falling short of your potential?

Where in your life could courage create closure?

What's a conversation that you need to have to set yourself free?

Where are you settling when you could be thriving?

What do you believe is the meaning of life?

What's a group you have a negative bias towards and where does that come from?

What's a belief that keeps getting you into trouble?

What's an affirmation that you need to wire into your programming?

In what ways could we improve our relationship?

What's something I could do that would lead you to trust me more?

What's the biggest difference between you and your family?

What's a habit or behavior you try not to emulate from your parents or siblings?

What three qualities would you most like to see your team embody and why?

What have you longed to do with your life that you haven't yet?

When do you feel most protected and taken care of?

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## Spicy

What would you do differently if you knew nobody would judge you?

Take four minutes and tell your partner your life story in as much detail as possible.

If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?

In what areas of your life do you have a hard time telling the truth and why?

Where in your life do you feel misunderstood and why?

What part of yourself are you holding back currently and why?

Do you believe in fate? If so, name an experience that has validated it.

What's something that you regret? Share about it.

How do you cope with sadness?

What are you most fearful of?

What brings you pleasure ~ physically, emotionally, mentally, & spiritually?