

# Conversation Starters

## New Year's Eve Edition

Have fun with people in your bubble or host a Zoom New Year's Eve party by including these conversation starters and a glass of bubbles to ring in the new year!

Some are fun and frivolous and others are thought provoking and introspective. We have included a few COVID-related conversation starters because sometimes you HAVE to address the big fat COVID elephant in the room!

**RULES:** There are none! Feel free to go through the whole list in order, bounce around or stay on one or two that turn into longer, more meaningful conversations. ***The point is to have fun!***

1. What was your most memorable moment or day of 2020?
2. What are three words to describe your year?
3. Who is a new friend you have met, either in person or online?
4. We have watched a lot of movies this year, can you name just one of your favorites?
5. What was the last restaurant you ate at before the shutdown of COVID in mid-March?
6. We have had so much time to establish new habits, what was a new habit you formed?
7. There have been so many newsworthy events in 2020, what would you consider the most newsworthy event?
8. It's time to talk about laughter, what made you laugh the hardest this year?
9. How did you celebrate your birthday this year?
10. What was your most interesting purchase you made due to COVID this year?

11. What is the best advice you've received this year?

12. We know you absolutely love everyone in your bubble, but if you could add two more people to quarantine with, real or fictional, who would those two people be?

13. We have not included a question #13 because if 2020 was a bath bomb, it would be a toaster!! We are superstitious and don't want to tempt fate.

14. What achievement you accomplished of which you are you most proud of this year?

15. What was your favorite place you visited this year? Satirical and nonsensical answers are welcome!

16. What was your most embarrassing moment of the year?

17. What is something you've learned to do that you had never done before?

18. What is the biggest problem you solved this year?

19. What magical power do you wish you have?

20. If you could trade lives with one other person, who would that be?

21. What is your spirit animal?

22. What reality show would you appear on?

23. What is a lie you have told to get out of work? Come on now, we've all done it!

24. What made you feel most purposeful this year?

25. To what are you looking most forward to in 2021?

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### INSPIRING QUOTES

"When people talk listen completely. Most people never listen." - **Ernest Hemingway**

"It's important to make sure that we're talking with each other in a way that heals, not in a way that wounds." — **Barack Obama**

"Families who have strong and healthy communication skills can weather significant challenges and remain intact. Those with limited effective communication skills are vulnerable to the challenges of life

# Meaningful Conversations For Happiness & Success

## **Meaningful conversations make me a better person.**

The voices of friends and strangers are like music to my ears.

***When I make time for meaningful conversation with others, I feel enlightened and refreshed.***

There is so much to learn just by listening to others around me. I will spend time each day soaking up the wisdom of experienced people. Their insight reminds me that there is more to life than superficiality.

Knowledge is the power that guides my success. I ensure I am educated on any project I undertake. It prepares me for the unknowns and allows me to rise above them.

***When I listen to the wisdom of those younger than me, I am hopeful for the future.*** I happily realize that the next generation is equipped with the tools for success.

It gives me pleasure to speak with others about solutions to challenges. I get excited when I see the potential in ideas that I discuss with others.

My openness to the preferences of those around me builds my tolerance. ***It is easy for me to appreciate differences because I open myself to learning about them.***

I am also respectful when someone has an opinion that is different from mine. Different perspectives are what make this world so versatile.

Today, my ears and heart are open to hearing what others have to say. I am committed to spending time each day learning from those around me.

## **Self-Reflection Questions:**

1. How successful am I with sharing an unpopular perspective?
2. What are some of my unique traits that I am fearful of telling others about?
3. How often am I able to teach new things to friends and co-workers?