

# 10/10 CONVERSATION STARTERS

- ▶ How are you **really feeling** today (physically, mentally)?
- ▶ What is filling most of **your thoughts** right now?
- ▶ How have you been **sleeping**?
- ▶ What did/will you do today that makes you **feel good**?
- ▶ What have you been doing for **exercise**?
- ▶ What's something you're **looking forward** to?
- ▶ What can we **do together** this week, even if we're apart?
- ▶ What are you **grateful** for?