**Check-In to Build Relationships**

1. What’s one thing that brings you energy and joy?
2. What’s one thing you hope to get accomplished at today’s meeting?
3. What’s one thing people don’t know about you?
4. What is your personal weather status (cloudy, foggy, sunny breaks etc)?
5. If you could invite someone you respect to sit beside you and support you in making this meeting successful, whom would that be?
6. What is one interest of yours that others in this group might not know about?
7. Share a one or two-word intention you hold for today’s meeting/conversation.
8. What is something you came across recently that gave you hope or inspiration?
9. My favorite time of year is...
10. What is your favourite gift?
11. What’s your favorite tradition or holiday?
12. What’s the most beautiful place near where you live?
13. Coffee or tea?
14. Cats or Dogs?
15. Salty or Sweet?
16. Are you a morning person or a night person?
17. How do you recharge?
18. What languages do you know how to speak?
19. My favourite childhood toy was…
20. The Little Known Fact: ask participants to share one little known fact about themselves.
21. True or False: ask your participants to make three or four statements about themselves, one of which is false. Now get the rest of the group to vote on which fact is false.
22. What’s your favorite part of vacation: the anticipation, the trip itself or the memories?
23. What is your wildest career fantasy?
24. What are three things you loved about this year?
25. What is your best “quirky talent” (eg: I am a great packer)
26. What is something you’re glad you did, but would never do again?
27. Name something you can’t live without
28. What’s one thing you wish you were really good at
29. What’s the last thing you did that was “new for you”
30. My favorite animal for a pet would be...
31. The goal I have for next year is…
32. What’s your favorite place of all the places you’ve travelled?
33. What view would you love to have from your room?
34. What would you like to learn to do someday?
35. Where would you most like to travel?
36. What one thing would you like to learn how to cook?
37. If you could bring back any fashion trend what would it be?
38. If you had to eat one meal everyday for the rest of your life what would it be?
39. What’s your favorite sandwich and why?
40. What sport would you compete in if you were in the Olympics?