



SMALL TALK STARTERS

Learn more, visit
www.smalltalkbigdifference.com.au

IF YOU COULD DO
A TED TALK, WHAT
WOULD IT BE ABOUT?



IF YOU COULD CHANGE
ONE THING IN YOUR LIFE,
WHAT WOULD IT BE?



WHAT'S ONE
QUESTION YOU
WISH YOU COULD
ASK A FRIEND?



IS THERE A
CONVERSATION YOU
WANT TO HAVE, BUT
HAVEN'T YET?



WHAT HAS BEEN YOUR
HIGHLIGHT FROM THE
PAST TWO YEARS?



WHAT HAS BEEN
YOUR BIGGEST
CHALLENGE OVER THE
PAST TWO YEARS?



WHAT'S ONE THING
YOU WOULD LIKE TO
ACHIEVE TODAY?



WHAT'S ONE THING
YOU'RE PUTTING OFF?



WHAT'S SOMETHING
YOU'RE ENJOYING AT
THE MOMENT?



WHAT DO YOU FEEL
GRATEFUL FOR?



WHAT HOBBY OR
ACTIVITY WOULD YOU
LIKE TO DO MORE?



WHAT'S THE MOST
SPONTANEOUS THING
YOU'VE DONE IN THE
PAST TWO YEARS?



WHAT'S ONE THING
THAT BRINGS YOU JOY?



WHAT'S ONE THING
YOU'D TAKE WITH YOU TO
A DESERT ISLAND?



WHAT'S THE
FUNNIEST MEMORY
YOU HAVE FROM THE
PAST TWO YEARS?



WHAT'S THE BIGGEST
CHALLENGE YOU'RE
FACING RIGHT NOW?



WHAT'S ONE
HABIT YOU'D LIKE
TO WORK ON?



WHAT'S ONE THING
THAT MIGHT HELP YOU
FEEL MORE AT EASE?



HOW DO YOU FEEL
ABOUT THE WORLD AT
THE MOMENT?



WHAT STRATEGIES
HAVE HELPED YOU
THROUGH HARD
TIMES IN THE PAST?



HOW COULD THOSE
AROUND YOU BEST
PROVIDE SUPPORT?



ARE YOU FEELING
MORE WORRIED
THAN USUAL?



WHAT WOULD HELP
YOU TO EXPRESS HOW
YOU ARE FEELING?



WHAT HELPS WHEN
HAVING DIFFICULT
CONVERSATIONS?



WHAT HELPS WHEN YOU
ARE FEELING DOWN?



WHO CAN YOU CALL WHEN
THINGS GET TOUGH?



HAVE YOU EVER
BEEN SURPRISED BY
THE KINDNESS OF
OTHER PEOPLE?



WHAT'S YOUR
EARLIEST CHILDHOOD
MEMORY?



HAS A CONVERSATION
EVER CHANGED YOUR
PERSPECTIVE?



WHAT HELPS
YOU OPEN UP?



WHAT DOES RESILIENCE
MEAN TO YOU?



WHAT'S SOMETHING
YOU'VE OVERCOME THAT
MAKES YOU PROUD?



WHAT SUCCESS ARE
YOU MOST PROUD OF?



WHAT HAS MADE
YOU STRONGER?



WHAT WOULD MAKE
YOU FEEL MORE
COMFORTABLE TO TALK?

