

100 Conversation Questions

100 conversation starters (with follow-up questions) that you can use to help you connect with others.

Personal

- 1. What is something you've never done but would like to try to do?**
 - What steps would you need to take to make it happen?
 - What sparked this desire?
 - Are there any obstacles preventing you from doing this?
- 2. What is something you've tried but would *never do again*?**
 - Did you learn anything from this experience?
 - Why wouldn't you want to do it again?
- 3. What's something interesting that you've learned recently?**
 - How did you come across this information?
 - What is something that you'd like to learn more about?
- 4. Are you usually early, late, or on time?**
 - What do you think influences your punctuality the most?
 - How do you feel about being [early/late/on time]?
- 5. What is your best skill or talent?**
 - Where did you learn that skill or talent from?
 - How has this skill or talent benefited you in your personal or professional life?
 - Have you taken any steps to improve upon this skill or talent?
- 6. What do you like *least* about living in your [city/town]?**
 - If you could redesign your [city/town], what changes would you make?
 - Do you plan on living in your [city/town] in the future?
- 7. What do you like *most* about living in your [city/town]?**
 - What do you think makes your [city/town] unique compared to others?
 - How long have you lived in your [city/town]?
- 8. Do you usually break the rules or follow them?**
 - Can you give an example of a rule that you broke?
 - Are there particular situations where you feel it's justified to break the rules?
 - If you could change one rule, what would it be?
- 9. Are you a leader or a follower?**
 - What qualities do you think define a good leader or a good follower?
 - Are there certain situations where you prefer to take the lead versus when you prefer to follow?
- 10. Do you wake up by yourself, to an alarm, music, or have someone else wake you up?**
 - Do you feel well rested when you wake up?
 - Do you wake up the same way on weekdays and weekends?
- 11. Are you more of a spontaneous or structured person?**
 - Are there times when you wish you could be more spontaneous or more structured?

- Can you think of a time when being too spontaneous or too structured caused you difficulty?
- 12. How would your friends and family describe you?**
- Do you feel their descriptions align with how you see yourself?
- 13. How have your goals changed as you've gotten older?**
- What were some of your initial goals when you were younger? How do they compare to your current goals?
- 14. Describe your dream home to me.**
- Where would you want your dream house to be?
 - What is the most important thing to have in your dream home?
- 15. What's the best thing to do on a hot summer day?**
- Are there other activities you enjoy doing in the summer, or is this your go-to?
 - Do you prefer doing this activity alone or with friends/family?
- 16. What's the best thing to do on a cold winter day?**
- Are there other activities you enjoy doing in the winter, or is this your go-to?
 - Do you prefer doing this activity alone or with friends/family?
- 17. What is your favorite smell?**
- What memories or feelings does that smell evoke for you?
 - Is there a specific place or moment that reminds you of this smell?
- 18. Do you prefer to receive money or an actual gift?**
- Do you think your friends and family understand your preference?
 - If you had to choose between receiving a thoughtful gift or a large sum of money, which would you choose?
 - Has your preference for money or gifts changed over time?
- 19. What is your favorite day of the year?**
- What makes that day your favorite? Is it the activities, the people, or something else?
 - Do you have any special traditions associated with this day?
- 20. Are you messy or organized?**
- How does your approach to organization or messiness affect your daily life?
 - Are there specific areas in your life where you are more organized or messy (e.g., home, work, personal life)?
- 21. Are you a heavy or a light sleeper?**
- Do you have a specific bedtime routine or environment that helps you sleep better?
 - What is your ideal sleeping environment?
- 22. Do you smile for pictures?**
- Do you prefer candid photos or posed photos?
 - Would you rather have a forced smile or no smile in pictures of you?
- 23. Do you wear slippers at home?**
- Do you wear them for comfort, warmth, or something else?
 - What type of slippers do you prefer?
 - Do you wear something else inside such as socks or shoes?
- 24. Do you remember the last dream you had?**
- Do you have any recurring dreams?
 - Do you think your dreams have any meaning to them?

25. How have you changed since you were a kid?

- Are there specific experiences or events that you believe contributed to your growth?
- How have your relationships with family and friends changed since you were a kid?

26. Do you untie your sneakers before taking them off?

- Do you have a favorite pair of footwear?

Internet/Technology/Phone

27. What websites do you visit daily?

- Do you engage with others on these websites (e.g., commenting, sharing)?
- What is something that you have recently learned from these websites?

28. What are three smartphone apps that you can't live without?

- Are there any challenges or frustrations you've encountered while using these apps?
- If you could add one feature to any of these apps, what would it be and why?

29. How do you keep up to date with the news?

- Are there any particular topics or types of news that interest you more than others?
- Do you prefer getting your news through articles, videos, podcasts, or social media? Why?

30. What was the last picture you took on your phone?

- Tell me more; can you describe what's happening in the picture? Who or what is in it?
- Have you shared this picture with anyone? If so, what was their reaction?

31. How often do you use your phone?

- How do you feel about the amount of time you spend on your phone? Do you think it's too much, just right, or not enough?
- What do you primarily use your phone for (e.g., communication, social media, work, entertainment)?

32. What technology or business do you think will be obsolete within the next 10 years?

- How do you think the obsolescence of this will impact consumers and businesses?
- How do you think companies should prepare for these changes to remain relevant?

Routine/Habits

33. What is your morning routine like?

- What time do you usually wake up, and how do you feel about that time?
- Are there any specific foods or drinks you like to have for breakfast?
- Do you prefer a quiet morning or a more active one?

34. What is your evening routine like?

- Are there specific activities you always include in your evening routine, such as reading, watching TV, or exercising?
- Do you prefer a quiet evening at home, or do you enjoy socializing with friends or family?

35. What is the first thing that you think of in the morning?

- Have you noticed any changes in your first thoughts over time?

36. What is the last thing that you think of before you go to sleep?

- How does that last thought affect your ability to fall asleep? Do you find it calming or stressful?

Hypothetical

37. If you knew you couldn't fail, what would you do?

- What skills or resources do you think you would need to pursue this successfully?
- How do you envision your life in ten years if you pursued this goal without fear of failure?

38. If you could go back in time and change one thing in your life, what would that be?

- How do you think changing that moment would have impacted your life or the lives of others?
- What steps can you take now to ensure that you don't have similar regrets in the future?

39. If you could invent a holiday, what would it be?

- What would you name this holiday?
- What traditions or activities would you want people to participate in on this holiday?
- What would the date of your holiday be?

40. If there was an extra hour every day, what would you do with it?

- Would you use that hour for relaxation, work, or something else?
- If you could dedicate that extra hour to learning something new, what would it be and why?

41. If you had to give up one of your five senses, which one would it be and why?

- How do you think your life would change without that sense?
- Which sense do you think you rely on the most in your daily life?
- If you could enhance one of your remaining senses instead, which one would it be and why?

42. What would you do if you won the lottery?

- How do you think winning the lottery would change your daily life?
- Do you think winning the lottery could bring unexpected challenges? If so, what kinds of challenges do you foresee?
- What long-term goals do you think winning the lottery could help you achieve?

43. If you became president, what is the first thing you would do?

- What long-term goals do you have for your presidency beyond your initial action?

44. What would you do if you couldn't use the internet or watch TV for a month?

- How do you think this break would affect your daily routine?
- Are there any hobbies or skills you've been wanting to pursue that you might focus on during this time?

45. If you could try out any job for one week, what job would you choose to try?

- What specifically draws you to that job? Is it the challenge, the environment, or something else?
- What do you think would be the most challenging aspect of trying out this job for a week?

- If you enjoy this job, would you consider making a career change in the future? Why or why not?
- 46. If you were the opposite gender for one day, what would you do?**
 - Do you think it's easier or harder to be the opposite gender?
 - Do you foresee any challenges in being the opposite gender?
- 47. If you could eliminate one thing that you did everyday, what would it be?**
 - What specifically makes that activity or task feel burdensome or undesirable for you?
 - What would you replace that activity with?
- 48. If you could spend one hour with any living person, who would it be and what would you choose to do?**
 - What specifically draws you to this person? Is it their achievements, personality, or something else?
 - How did you first become aware of this person and their work?
 - If you could ask them one burning question, what would it be?

Past

- 49. Did you have any nicknames growing up?**
 - What was the story behind your nickname?
 - If you could choose a new nickname for yourself now, what would it be and why?
- 50. What is the worst injury you've had?**
 - How did you manage the pain and recovery process?
 - What was the most challenging part of the injury?
- 51. What jobs have you worked at?**
 - Which job did you enjoy the most?
 - What was the most challenging job you've had and what did you learn from it?

Recent

- 52. What is the latest you stayed up until this past week?**
 - What were you doing up so late?
 - How did staying up late affect your next day?
 - What's your ideal bedtime, and how often do you stick to it?
- 53. What is the earliest you woke up this past week?**
 - Why were you up so early?
 - Do you usually prefer staying up late or waking up early?
 - What strategies do you use to make waking up early easier?
- 54. What are your favorite and least favorite parts of your week?**
 - In what ways can you make your least favorite part of the week better?
 - If you could design your perfect week, what would it look like?
- 55. What did you learn this past week?**
 - Where did you learn this from?
 - If you could choose any topic to learn about next week, what would it be and why?

Future

56. What do you think your life will look like in 10 years?

- How do you think your current lifestyle or choices will affect your future?
- Has your vision about your future changed over time?

57. What would you like to do when you retire?

- What activities or hobbies are you most excited to pursue in retirement?
- Where would you like to retire?
- Do you have a time frame in mind on when you'd like to retire?

58. What age do you want to live to?

- Do you want to know when you'd like to die?
- What factors influenced your target age to live to?

Preferences

59. After a long day, do you prefer to hang out with friends or spend time alone?

- How do you usually feel after a long day?
- What activity do you prefer to do with friends?
- What would you do by yourself?

60. What is your favorite brand?

- What specific products from that brand do you use or enjoy the most?
- How important is brand loyalty to you when making purchasing decisions?

61. What do you like to do to celebrate your birthday?

- What has been your favorite birthday celebration so far? What made it special?
- How do you feel about getting older? Does that affect how you celebrate your birthday?
- Are there any traditions you have for your birthday?

62. What is your favorite thing to do on a rainy day?

- What's the most memorable rainy day experience you've had?
- How do you feel about rainy weather in general?

63. Do you like surprises or do you prefer to know what's coming?

- Can you recall a memorable surprise you received?
- What's one surprise you would love to receive if you could choose anything?

64. Do you prefer to relax in your free time or do something active?

- What specific activities do you find most relaxing?
- What types of active pursuits do you enjoy the most?
- Does your preference change depending on your mood or circumstances?

65. Would you rather binge-watch a series or watch one episode at a time?

- How do you usually decide whether to binge-watch or take your time with a series?
- What was the last show that you binge-watched?

66. What is your favorite party/board game?

- Where did you first play that game?
- How often do you play that game?
- If you could create your own board game, what would it be?

67. Do you prefer to wear fashionable clothes or comfortable clothes?

- Are there certain occasions where you prioritize one over the other?
- If you could design your perfect outfit, what would it look like?

Food

68. What's your favorite comfort food?

- Do you have any specific memories associated with this food?
- Do you enjoy cooking it yourself, or do you prefer to have someone else make it for you?

69. Do you prefer to eat at home or eat out?

- What do you enjoy most about eating at home?
- What do you find appealing about dining out?

70. What food do you like to snack on?

- If you could create your ultimate snack mix, what would it include?

71. What is your favorite dessert?

- Have you ever tried making this dessert yourself?
- Where's your favorite place to get this dessert?

72. Do you prefer sweet or salty snacks?

- Do you consider healthiness when choosing snacks, or do you just indulge?

73. If someone you were trying to impress was coming over to your home for dinner, what would you make for them?

- Are there any appetizers or desserts you would serve alongside the main dish?
- Have you cooked that meal before?

74. What was your worst restaurant experience?

- How did the restaurant staff handle the situation?
- Would you go back to that restaurant?

75. What's your favorite non-alcoholic drink?

- What do you love most about that drink? Is it the flavor, the ingredients, or something else?
- When do you usually have that drink?

76. How important is the decor of a restaurant to you?

- Have you ever avoided eating at a restaurant based on its appearance?
- Have you ever chosen a restaurant based solely on its decor?

Entertainment

77. What type of movies do you like to watch?

- What specific movies or directors do you particularly enjoy within that genre?
- Are there any new or upcoming movies that you look forward to watching?

78. Would you rather watch or play sports?

- What specific sports do you enjoy watching or playing the most?
- If you could play any sport at a professional level, which one would it be and why?

79. What platform do you use to listen to music?

- What do you like most about that platform?
- What type of music is your favorite?

- Do you prefer listening to curated playlists or creating your own?

Travel

80. Do you prefer to travel or stay close to home?

- Has your preference for travel or staying close to home changed over time?
- How do you feel about the idea of "staycations"? Do you think they can be as fulfilling as traditional vacations?

81. When going on a vacation, would you prefer to join a tour or plan out everything by yourself?

- What are the benefits to planning everything yourself? Drawbacks?
- What are the benefits to joining a tour? Drawbacks?

82. What's your *favorite* thing about going on vacation?

- Have your travel preferences changed over time? If so, how has this favorite aspect evolved for you?
- If you were to plan your dream vacation, what would it look like?

83. What's your *least favorite* thing about going on vacation?

- Is there anything that could make that aspect more enjoyable for you?
- Do you think your least favorite thing about vacations is common among other travelers?

84. Have you ever gone on vacation by yourself?

- What do you think the most challenging part of traveling by yourself is?
- What do you think the biggest benefit of traveling by yourself is?

85. What do you like to do when you go to the beach?

- Do you prefer relaxing on the sand or being more active in the water?
- What do you like to bring with you when you go to the beach?
- What does an ideal beach day look like to you?

Relationships

86. Do you prefer to have many friends or just a few close ones?

- How do you define a "close friend"?
- How do you maintain your friendships, whether they are close or more casual?
- What do you think are the benefits of having a diverse social circle versus a tight-knit group?

87. Do you have a big family?

- What are some challenges to having a big/small family?
- What are some benefits to having a big/small family?

88. How do you usually express love and affection?

- What is your preferred way to receive love and affection?
- Tell me about a time when someone showed love to you in an unexpected way.

89. What do you look for in a girl/guy?

- How have your preferences changed over time?
- What do you think is the most common mistake people make when looking for a partner?

90. What qualities do you value most in a friend?

- Which of these qualities do you think is the hardest to find in friends?
- Can you share a specific instance where a friend demonstrated one of these qualities?

91. What is the first thing that you notice when meeting someone new?

- Can you recall a specific instance where your first impression of someone was incorrect? What happened?
- What tips would you give to someone looking to make a good first impression?

Hmmm...

92. What do you think the best invention is?

- If that was never invented, how do you think life would be different?
- Are there any drawbacks associated with this invention?

93. What is your favorite place to be?

- What makes this place your favorite? Is it the atmosphere, the activities, or the memories associated with it?
- When do you visit this place?

94. Tell me your best advice?

- Is this advice based on a specific experience?
- How has this advice impacted your life personally?

95. Have you ever been to ConversationStarters.com? (shameless plug)

- What is your favorite website?
- What is a useful website that you recently visited?

96. If you could learn any skill, what would it be?

- What specifically draws you to this skill? Is it a personal interest, a career goal, or something else?
- How do you think mastering this skill would impact your life?
- What do you think might be the biggest obstacles in learning this skill?

97. What are some things that you like to spend your money on?

- What are your top three categories for spending (e.g., travel, food, hobbies)?
- Do you prefer to spend your discretionary money on goods or experiences?

98. What's something interesting about yourself that no one really knows?

- Why do you think people don't really know this about you?
- How do you think people would react if they knew this about you?

99. What is your favorite conversation starter?

- What conversation starter do you wish people would use on you?
- Do you use this conversation starter in most social situations or do you tailor your conversation starters to the occasion?

100. If money was not an issue, what would you do with your life?

- How would your daily routine change if money were not a concern?
- Would you focus more on personal fulfillment, helping others, or a combination of both?