

# Conversation Starters

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Starting a conversation can sometimes feel daunting (I know the feeling all too well!), but it doesn't have to be.

Whether you're meeting someone new, reconnecting with an acquaintance, or just trying to make a moment more meaningful, having the right conversation starters can make all the difference.

This guide is packed with thoughtful prompts designed to help you break the ice, explore someone's passions, and build genuine connections.

But great conversations are about more than just asking the right questions - they're about how you show up.

Alongside these prompts, you'll find tips to help you engage with confidence, adapt to different situations, and move beyond small talk when you're ready.

# Tips For Using These Starters

HELP CONVERSATIONS FLOW NATURALLY AND BUILD  
GENUINE CONNECTIONS.

## Be Present

SHOW GENUINE INTEREST IN THE  
OTHER PERSON'S ANSWERS.  
LISTENING ACTIVELY HELPS BUILD  
A CONNECTION.

## Focus on Connection

REMEMBER THAT SMALL TALK  
IS OFTEN A STEPPING STONE  
TO DEEPER CONNECTIONS.  
APPROACH IT AS A WAY TO  
OPEN THE DOOR, NOT THE  
ENTIRE JOURNEY.

## Follow Up

IF THEIR RESPONSE INTERESTS  
YOU, ASK A RELATED QUESTION TO  
KEEP THE CONVERSATION GOING  
OR ADD A COMMENT ABOUT A  
WAY IN WHICH YOU CAN RELATE.

## Smile and Relax

CONVERSATIONS ARE EASIER WHEN WE  
STAY RELAXED AND FRIENDLY. IF YOU'RE  
FEELING SELF-CONSCIOUS, TRY PUTTING  
ALL YOUR ATTENTION ON THEM, NOT  
YOURSELF.

## Set a Time Limit

GIVE YOURSELF PERMISSION TO ENGAGE  
FOR A SHORT PERIOD. KNOWING THERE'S  
AN END CAN MAKE SMALL TALK LESS  
DAUNTING.

## Adapt to the Context

CHOOSE A PROMPT THAT FEELS  
NATURAL FOR THE SETTING OR  
SITUATION.


# General Ice-breakers

THESE QUESTIONS ARE PERFECT FOR STARTING A  
CONVERSATION IN ANY SETTING.



DO YOU HAVE ANY  
WEEKEND PLANS  
COMING UP?

WHAT KIND OF  
MUSIC ARE YOU  
INTO?



ARE YOU GOING ON  
ANY HOLIDAYS OR  
TRIPS SOON?

WHAT'S YOUR GO-  
TO COMFORT  
SHOW?

WHAT DO YOU  
DO FOR WORK/  
WHAT DO YOU  
STUDY?

WHAT'S BEEN THE  
HIGHLIGHT OF YOUR DAY  
SO FAR?

HAVE YOU WATCHED ANY  
GOOD SHOWS OR  
MOVIES RECENTLY?

WHAT ARE YOU UP TO  
LATER TODAY? I'M  
DOING...

ARE YOU FROM  
AROUND HERE? I  
MOVED FROM...

DO YOU HAVE ANY  
HOBBIES?

DO YOU KNOW OF ANY  
GOOD... [PLACES TO EAT  
NEAR HERE? ETC.]

# Shared Experiences

USE THESE WHEN YOU AND THE OTHER PERSON ARE IN  
THE SAME SETTING OR DOING A SIMILAR ACTIVITY.

HOW DID YOU  
HEAR ABOUT THIS  
EVENT/PLACE?

HAVE YOU TRIED ANY OF  
THE FOOD OR DRINKS  
YET? I HEAR THEY HAVE  
[FOOD TYPE]...

WHAT MADE YOU  
DECIDE TO TRY  
THIS ACTIVITY?

HAVE YOU BEEN  
HERE BEFORE?

IS THERE ANYTHING  
YOU'RE LOOKING  
FORWARD TO HERE?

WHAT'S BEEN YOUR  
FAVORITE PART OF  
TODAY SO FAR?

DO YOU DO THINGS LIKE  
THIS OFTEN?

WHAT'S THE FIRST  
THING YOU NOTICED  
WHEN YOU GOT HERE?

ARE YOU HERE  
FOR WORK OR  
FUN?

I LOVE [SOMETHING  
ABOUT THIS PLACE].  
WHAT ABOUT YOU?

DID YOU KNOW WHAT  
IT WAS GOING TO BE  
LIKE BEFOREHAND?

# Interests and Passions

THESE ARE GREAT FOR GETTING TO KNOW SOMEONE  
BETTER.

DO YOU HAVE ANY  
HOBBIES YOU'RE  
PASSIONATE ABOUT?

DO YOU PREFER EXPLORING  
CITIES, NATURE, OR  
SOMETHING IN BETWEEN?

HAVE YOU TRAVELLED  
ANYWHERE EXCITING  
RECENTLY?

WHAT KIND OF  
MUSIC GETS YOU  
IN THE BEST  
MOOD?

WHAT'S A PROJECT  
OR GOAL YOU'RE  
WORKING ON  
RIGHT NOW?

ARE YOU INTO ANY  
BOOKS, PODCASTS, OR  
GAMES LATELY?

WHAT'S SOMETHING NEW  
YOU'VE BEEN WANTING TO  
TRY BUT HAVEN'T YET?

DO YOU HAVE A  
FAVORITE DISH YOU  
LOVE TO MAKE OR EAT?

IF YOU COULD GO ON  
YOUR DREAM TRIP  
TOMORROW, WHERE  
WOULD YOU GO?

WHAT'S A PLACE  
YOU'VE VISITED THAT  
LEFT A LASTING  
IMPRESSION ON YOU?

WHAT'S SOMETHING  
YOU'VE ALWAYS  
WANTED TO LEARN?



# Finding Your Own Topics

## Observe

COMMENT ON SOMETHING IN YOUR SHARED ENVIRONMENT, LIKE THE MUSIC, WEATHER, OR AN INTERESTING DETAIL ABOUT THE LOCATION.

## Relate

WHEN IN A LINE, ASK ABOUT THEIR FAVOURITE THING ON THE MENU OR IF THEY'VE BEEN HERE BEFORE. WHEN MEETING SOMEONE WITH A DOG, ASK ABOUT THE BREED OR THE DOG'S NAME.

## Be Specific

INSTEAD OF GENERIC QUESTIONS, ASK SOMETHING UNIQUE OR DETAILED. FOR EXAMPLE, "WHAT'S YOUR FAVORITE WAY TO SPEND A RAINY DAY?" CAN FEEL MORE ENGAGING THAN "WHAT DO YOU LIKE TO DO?"

## Get Deep

IF SMALL TALK FEELS DRAINING, GENTLY GUIDE THE CONVERSATION TOWARD MORE MEANINGFUL TOPICS BY ASKING ABOUT THEIR PASSIONS, EXPERIENCES, OR OPINIONS.

## Keep it Open-Ended

AVOID YES/NO QUESTIONS TO KEEP THE CONVERSATION GOING. ASK QUESTIONS THAT ENCOURAGE THE OTHER PERSON TO SHARE MORE ABOUT THEMSELVES.

## Curiosity is Not the Same as Nosiness

PEOPLE LOVE TALKING ABOUT THINGS THEY CARE ABOUT. SHOW GENUINE CURIOSITY ABOUT THEIR HOBBIES, EXPERIENCES, OR OPINIONS.

# Your Prompts

WRITE YOUR OWN CONVERSATION STARTERS BELOW:

