

SOME OF OUR FAVORITE CHECK-IN QUESTIONS

| NOW | FUN | DEEP |
|--|---|--|
| <ol style="list-style-type: none">1. How are you feeling coming into this meeting?2. What is occupying your mind?3. How do you feel on a scale of 1-5?4. What color represents how you feel right now?5. What's the best thing that's happened to you today? | <ol style="list-style-type: none">1. What is your spirit animal?2. What has been your weirdest job?3. What was your favorite band ten years ago?4. What food or drink reminds you of home?5. What is your nickname? | <ol style="list-style-type: none">1. What is something you came across recently that gave you hope or inspiration?2. What's become apparent since we last met?3. What are you seeking to learn and contribute today?4. What are you willing to set aside to be present?5. What brings you joy? |