



Conversation Circle Starters

Twenty prompts that pair with the True Course blog. Read one aloud and let the room

1. What is one thing you want to do more of this year?
2. What was the first car you ever drove, and where did it take you?
3. Who taught you to cook, and what was their best dish?
4. What is a small change that made your home easier to live in?
5. Where have you always wanted to go?
6. What is the best trip you have ever taken?
7. What did you do for fun when you were twenty?
8. What is a skill you learned late in life?
9. Who is someone you have been meaning to call?
10. What does a good morning look like for you?
11. What is your favorite easy meal for one or two?
12. What was your first job, and what did it pay?
13. What would you tell your forty-year-old self?
14. What tradition from your family do you still keep?
15. What is the best advice you ever ignored?
16. What song takes you straight back to a certain year?
17. What is something new you learned this month?
18. Who in your life always made you laugh?
19. What does “the good years” mean to you?
20. If you could master one thing in the next year, what would it be?



Running a Conversation Circle

Simple ways to get everyone talking, and listening.

Setting up

- Sit in a circle or around a table so everyone can see faces. Keep groups to about six to twelve.
- Reduce background noise and speak clearly. Seat people with hearing loss near the leader.
- **Explain the only rules:** one person talks at a time, everyone may pass, and what is shared stays in the room.

Leading the conversation

- Read one prompt aloud, then share your own short answer first. It makes it easier for others.
- **Invite, don't push:** "Would anyone like to add to that?"
- Gently draw in quieter members by name, and gently redirect anyone who dominates.
- Follow the energy. If one prompt sparks a great conversation, stay with it.
- Close by thanking everyone, and mention next week's topic.

Handle with care

- Some prompts may bring up loss or hard memories. Acknowledge feelings kindly and let people pass.
- If someone seems deeply distressed, follow up privately and involve appropriate staff or family.

A new Question of the Week is posted every Wednesday at truecounseliving.com/community. It makes a ready-made prompt for your next circle.

Sources and more help: General group-facilitation guidance.