

# ALIVE TO THRIVE™

## Conversation Starters

### Emotional

1. When do you feel most lonely?
2. When do you feel most connected?
3. When do you feel most stressed?
4. Where do you tend to feel most known by others? When do you feel seen?

### Thoughts

1. What do you think God thinks of you?
2. What do you think your thoughts would tell me about you?
3. When do you feel most stressed?
4. Where do you tend to feel most known by others? When do you feel seen?

### Physical

1. Are you sleeping well?
2. What is your “go to” to eat? Do you think you’re eating healthy?
3. What do you enjoy doing most?
4. Do you like to exercise? What kind of exercise gives you the most life?

### Relational

1. Who gets the biggest votes in determining your worth?
2. Who are your friends? Why have you chosen them?
3. Who do you wish was a closer friend?
4. When have you felt rejected? What was that like for you?

### Spiritual

1. Do you believe Jesus died and rose again?
2. Do you believe in prayer?
3. Do you think God listens and cares about your prayers?
4. Do you believe God still speaks through His word?