

What is your favorite thing about your family?

- ☆ Action Tip: Discuss your family values – write them down and put them in a place where you can be reminded daily.

If you could do anything to make the world better, what would you do?

- ☆ Action Tip: Scale it down to something you can do for one person and then do it.

What is one thing you do really well? What things do each of your family members do well?

- ☆ Action Tip: Talk about different ways you can use these traits.

What's one way a family member helped you this week?

- ☆ Action Tip: Think about how being helpful feels good and brainstorm ways you can help others next week. Then do it.

What makes someone a good friend?

- ☆ Action Tip: Make a list of 3 people you can rely on when you need help.

What's your favorite memory? Why?

- ☆ Action Tip: Parents, share a story about your past, like how you met each other or a good memory you share with your children.

What movie always makes you happy?

- ☆ Action Tip: Find another feel-good movie to watch together in the next few days.

Who has been the best influence on your life?

- ☆ Action Tip: Write down things they taught you

What do you like most about spending time with family

- ☆ Action Tip: Video chat with family members who live far away so you can spend quality time with them, too.

What's one thing about you that is special or unique?

- ☆ Action Tip: Have each family member share something special about you.

Name two good things and one bad thing that happened today.

- ☆ Action Tip: Talk about how important it is to know what goes on in each others' lives, including the things that bother us.

What's one thing you have always wanted to do?

- ☆ Action Tip: Talk about setting step-by-step goals to make your dream come true.

If we had a family fun day, what activity would you choose?

- ☆ Action Tip: Plan a family fun day that gets everyone involved.

What is something you'd like to do better?

- ☆ Action Tip: Focus on a setting a SMART goal together—one that's specific, measurable, achievable, relevant, and time based.

What's the bravest (or scariest) thing you have ever done?

- ☆ Action Tip: Celebrate success and tell your loved ones how you will always support them.

What do you wish we did more of as a family?

- ☆ Action Tip: Schedule time for your family to do it, whatever it is.

What's your favorite movie? Why?

- ☆ Action Tip: Watch it as a family and enjoy being together.

What's one thing you think you do differently from other people?

- ☆ Action Tip: Talk about why doing things differently is good for everyone.

What's the funniest or most embarrassing story your family or friends tell about you?

- ☆ Action Tip: Talk about laughing together and the importance of not saying things that will hurt feelings.

How is your life different from what you imagine it should be?

- ☆ Action Tip: Pick one thing and talk about how it makes you unique or how it has positively influenced your life.

In what ways have you moved around today?

☆ Action Tip: Take the stairs in your home, work, or school this week.

What's your favorite vegetable?

☆ Action Tip: Pick a recipe featuring this veggie and make it together in the next few days.

What's your favorite fruit?

☆ Action Tip: Add this fruit to the family grocery list and enjoy it for dessert this week.

Who is your best friend and what healthy choices do you make together?

☆ Action Tip: Ask a friend to be your Blue Zones™ buddy and talk about ways you can be healthier together.

Do you think you are like people your age or people who are older or younger than you?

☆ Action Tip: List some good things about these different ages.

If you didn't know your age, how old would you think you are?

☆ Action Tip: Take the Vitality Compass® and find out if your body is younger or older than its age.

What makes you excited to start a new day?

☆ Action Tip: Take a picture that makes you happy and place it by your bed so you wake up thinking about it each day.

What's your favorite way to relax?

☆ Action Tip: Plan time to relax with your family in the next few days.

Do you have any mantras or sayings?

☆ Action Tip: Before meals, start saying "Hara hachi bu," which reminds you to stop eating when you're 80% full.

What do you believe in?

☆ Action Tip: Talk about the importance of believing in something. It's what makes life worth living.