

Alternatives to Asking "How Was Your Day?"



Changing Up Conversation is Important

Here are several different prompts you can use with family, friends, coworkers, ect to change up your communication patterns and not just default to what you are used to. Using these prompts can help stimulate deeper conversation and help you feel more connected.

"What was the best part of your day?"

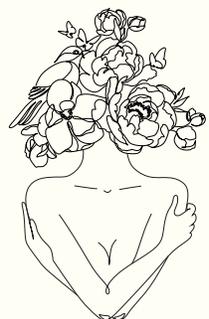
"What went well today? Could anything have gone better?"

"Did you learn anything new today?"

"Did anything make you smile today?"

"Did anything make you feel proud?"

What's something that happened to you today that I don't know about?"



Essence
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