



B100 DAILY CHALLENGE #1



Create **BALANCE** by Finding Things in Common with Others Daily

Belonging and connection are at the core of our needs as human and spiritual beings and are a strong foundation for creating balance in our lives and our world.

Our global and even local communities are so diverse in race, religion and culture that can often reflect our differences - but this month we want to create **BALANCE** by finding things we have in common with our neighbors, our community and even strangers that we might otherwise never get to know or connect with.

This month we challenge you to create connections through finding things in common with at least one person daily, or you can organize the same exercise within a group of co-workers, neighbors, or classmates. Here are some questions to consider to help you make that connection and find things in common.

SEE THE BACK OF THIS SHEET FOR HELPFUL QUESTIONS AND RESOURCES TO GET YOU STARTED!



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Helpful Questions for Creating Connection & Finding Things in Common

- What are your hobbies?
- Do you collect anything?
- What are you passionate about?
- What is your most prized possession?
- What is the greatest accomplishment of your life?
- What is on your bucket list?
- What is your favorite recent memory?
- What is your best childhood memory?
- What is your favorite holiday?
- Who knows you best?
- What family member are you closest to?
- What skill would you most like to learn?
- Where is the coolest place you traveled?
- What does your average weekend look like?
- Tell me about your longest running friendship?
- What is your earliest memory?
- What makes you unique?
- Who is your hero?
- Who is the smartest person you ever met?
- What is one thing that instantly makes your day better?
- When did you first feel like an adult?
- Whose opinion do you care most about?
- What is the most important decision you have ever made so far?
- Aside from necessities, what one thing could you not go a day without?
- What do you enjoy spending money on?
- What is something that always makes you smile?
- What are you most thankful for?
- What are you most looking forward to?
- What do you wish more people understand about you?
- What is the greatest challenge or struggle you have ever faced?

YOU CAN FIND THESE QUESTIONS & MORE AT: <https://teambuilding.com/blog/get-to-know-you-questions>
OTHER HELPFUL TIPS: <https://getthefriendsyouwant.com/find-things-in-common>