

vari mckechnie

***19 Easy Conversation Openers
For The Holidays***

By Vari McKechnie

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Conversations that Connect

“So, how was your year?”

The often asked (and typically uninterestingly answered!) question we get offered at the end of the year.

With more social plans in our calendar than other times of the year, it can feel a little monotonous (and let's be honest, boring!) to give the usual response of, *“Oh you know, busy... lots happening... looking forward to the break... never long enough though...”*

Rather than complain about the small talk and chit chat at the office drinks / kiddos school concert / neighbourhood pot luck dinner, flip the situation on its head!

Be the one who ASKS interesting questions!

These questions are also great to ask your partner, kids, parents (if you're lucky enough to still have them here to ask), sister, bestie, the barista at your fav cafe, or strangers you get chatting to at the supermarket...

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- What was your **best** day this year?
- What was your **most challenging** day?
- What did you do **more** of this year that you loved?
- What would you like to have done **less** of?
- What was the **funniest thing** that happened this year?
- What was your **favourite** book / podcast / movie this year?
- What new dreams did you uncover this year?
- What are you most proud of **doing / creating / producing** this year?

- What **surprised** you this year?
- What happened this year that you'll **remember forever**?
- What felt **more important** this year than previous years?
- What feels **irrelevant** now that used to be super important to you?
- What did you **start** this year?
- What did you **complete** this year?
- What relationships **strengthened** this year?
- What relationships **dissolved** this year?
- What has this year made you **really grateful** for?
- What **life lessons** are you taking from this year into next?
- Who / what do you **love** that you didn't even know excited last year?

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Great follow ups to ask are:

Why?

What happened?

Tell me more about that...

// HOT TIP //

You can also print them out, pop them in a bowl and get your guests to pick one out and share with everyone.

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Wishing you a peaceful, joyful and beautiful transition from this year to next.

Sending love,

Vari x

About the Author



Vari McKechnie is a [coach, mentor, writer](#), and [podcaster](#) based on the Mornington Peninsula in Victoria, Australia.

As a [coach and mentor](#), Vari helps her clients cultivate more ease, joy, freedom and intention in how they create their lives.

She works [privately with clients](#) and also has a home study program called [Peacefully Productive](#) where she teaches you how to reclaim your time, dial up your joy and revolutionise the way you get things done.

She has written articles for *Mamamia*, *Marie Claire*, *The Huff Post* and *Hello Sunday Morning*.

In 2018, Vari quietly quit alcohol and more recently decided to do the same with social media. All with the view of creating more space and intimacy for what really matters in her life.

Originally from Glasgow, Scotland she now lives by the beach with her two sons and their adorable staffy, Stella.

You've made it to the end! Thanks for reading!

Here are a few things you can check out:

- I'm not on social media. I choose to share my work via my [newsletter](#). I encourage my readers to reply and chat. If you send me an email, you'll get a personal response. It feels intimate and connected and friendly. It's the way I want to move through the world. You can subscribe [here](#).

<https://varimckechne.com/newsletter>

- You can take my home study program – [Peacefully Productive](#) – any time you like. It's all about reclaiming your time, dialling up your joy and revolutionising the way you get things done.

<https://varimckechne.com/peacefullyproductive>

- Curious about working with me as your coach? Get all the details [here](#).

<https://varimckechne.com/mentoring>

- I host a podcast. It's called [The Vari McKechnie Podcast](#). I talk about things like simple living, peaceful productivity and adding more joy and play to our lives.

<https://podcasts.apple.com/au/podcast/the-vari-mckechne-podcast>

But all of that can wait. Pop your phone on charge, pull the laptop closed and get outside. Look at things and wonder about them. Let your mind take you to interesting, curious places you've long forgotten or perhaps never visited before. There's magic out there waiting for you to meet it.

V xx