

## Defreeze Questions

Below is a list of example defreeze questions. Choose one to ask your group. Each person answers the same question and then quickly calls out the name of someone who hasn't answered yet, who in turn answers the same question and calls out the next name, continuing like this until everyone has answered.

1. What are you celebrating in your life or work this week?
2. What is something you feel grateful or happy about?
3. What are you excited about or looking forward to?
4. What's the furthest away from home you've ever been?
5. How do you recognize when you're stressed?
6. What's one misunderstanding that's happened on your team recently? How was it resolved?
7. Looking back, what do you most admire about your childhood self?
8. Would you like to be famous? In what way?
9. Who do you want to spend more time with?
10. What would constitute a "perfect" day for you?
11. What do you want to "feel" most of the time this year (happy, content, excited, relaxed, busy, productive, creative)?
12. When did you last sing to yourself? To someone else?
13. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
14. For what in your life do you feel most grateful?
15. What new skills do you want to learn, improve, and master?
16. If you could change anything about the way you were raised, what would it be?
17. If you could wake up tomorrow having gained any one quality or ability, what would it be?
18. What do you want to completely get rid of in your life and this year you will make it happen?

19. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
20. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
21. What is the greatest accomplishment of your life?
22. What do you value most in a friendship?
23. What is your most treasured memory?
24. What is your most embarrassing memory?
25. Share a total of five things you appreciate about the person sitting to your right. Then switch.
26. How close and warm is your family? Do you feel your childhood was happier than most other people's?
27. What is your number one goal for this year and how are you planning to achieve it?
28. What is your favorite quotation of all time?
29. If you had one free hour each day, what would you do?
30. What is the best gift you ever received?
31. What or where do you want to see, discover, and explore this coming year?
32. You have a time machine. When (and where) would you like to visit first?
33. If you didn't have to work right now, what would you be doing instead?
34. How would your best friend describe you?
35. How would your enemy describe you?
36. If your life were a TV show, what genre would it be?
37. What was your first job?
38. Are you reading anything interesting right now?

39. If you could travel anywhere in the world today, where would you go?
40. Which one fictional place would you most like to visit?
41. When was the last time you lost track of time?
42. Have you ever met anyone famous?
43. What's the best piece of advice you've ever been given?
44. What's the first thing you remember buying with your own money?
45. Who was most influential in your life as a kid?
46. What is your favorite hobby or pastime?
47. If you were to host your own talk show, who would be your first guest?
48. How many cities/places have you lived in during your life and which is your favorite?
49. What would you name your boat if you had one?
50. What's the closest thing to real magic?
51. If You Could Ask Advice From Any Historical Figure, Who Would It Be? What Would You Ask Them?
52. Which Of Your Personality Traits Has Been The Most Useful?
53. If Mars Was Livable, Would You Accept A One-Way Ticket There?
54. What's A Movie You Can Practically Quote From Start To Finish?
55. If You Could Write One New Law That Everyone Had To Obey, What Law Would You Create?
56. What Do You Like More, Being A Leader Or A Follower?
57. What Do You Miss Most About Being A Kid?
58. What Fact Amazes You Every Time You Think Of It?
59. What's The Most Spontaneous Thing You've Ever Done?

60. What Skill Or Craft Would You Like To Master?
61. What Personality Trait Do You Wish You Had?
62. What Is The Most Hilarious Childhood Memory You Can Think Of?
63. When Have You Felt Your Biggest Adrenaline Rush?
64. Kids today will never understand the struggle of what?
65. What was the most memorable moment this year?
66. What are you most thankful for?
67. Who are you most thankful for?
68. Describe last (year/month) in three words?
69. What were your three happiest moments this year?
70. What new skills did you learn this year?
71. What personal qualities or habits did you develop, cultivate, or strengthen this year?
72. What new things did you discover about yourself this year?
73. What little things did you most enjoy doing on a daily basis?
74. What out-of-the-ordinary things did you do this year?
75. What cool things did you create this year?
76. What future event would you most like to see?
77. If you could add a word to the dictionary, what would it be?
78. Have you ever had to do something for work you knew you'd struggle with? How'd you prepare for it?
79. What fashion trend do you just not understand?
80. Which TV game show would you have the best chance of winning?
81. Tell us about the worst haircut you've ever had.

82. What is the best book you've read this year?

83. Imagine you were given the gift of time travel, future or past, what era would you travel to and why?

84. On your cell phone, what picture appears on the home screen?

**\*\* Instead of asking a question, start the meeting with a minute of silence or mindfulness meditation. \*\***