

Table Talk

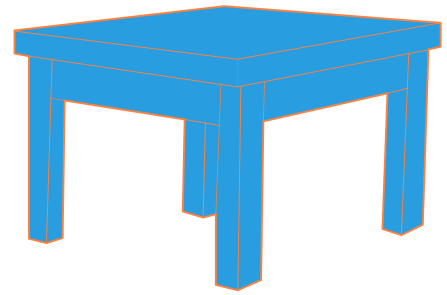


Table Talk is easy! Maybe it's a new idea for you, or maybe you already do it every day. All you need to do is sit down at a table with someone you care about, like a friend or family member. Have some food, and talk with them!

Conversation Ideas

- Tell them special word and how you lived it out that day
- Ask them if they have a special word, or a positive value that they try to live out every day
- Encourage them by telling them ways you have seen them living out positive values
- Ask them how they get encouraged when they don't feel like they've been living out positive values

Positive Words

If you're out of ideas, choose a word below and talk about how you have seen someone at the table live out that positive word this week.

Kind	Curious	Genuine	Fun
Gentle	Strong	Diligent	Humble
Caring	Brave	Sincere	Bright
Funny	Wise	Inventive	Trustworthy
Smart	Generous	Reliable	Honest
Creative	Loving	Joyful	Loyal

Did you know?

Scientific studies show that it helps to build stronger relationships when you eat a meal and have a conversation with someone! No matter who you choose to do your "table talk" with, make sure to spend time with the people you are about to build trust and positive connections with them.