



Holiday Table Talk Sheet

Use this sheet at any family meal to bring the conversation back to warmth, presence, and curiosity.

- Something small that made you smile this week.
- A moment you handled better than expected.
- A tiny luxury that makes life feel nicer.
- Something you learned recently (serious or silly).
- A person who surprised you in a good way.
- A habit you're trying out or thinking of trying.
- A moment this month when you felt unexpectedly calm.
- Something you're looking forward to soon.
- A silly or unexpected moment from your week.
- A time you caught yourself growing or changing.