

A BE HAPPY RETIRED COMPANION

Kitchen-Table Questions

*Twelve gentle questions that open good conversations
with the people you love.*



From Farook's desk
behappyretired.com

The best conversations don't start with answers.

Kitchen-Table Questions

Retirement gives us back something the career years borrowed: time at the table with the people we love. These twelve questions are not a quiz — there are no scores here. They are doors. Pick one, ask it warmly, and let the conversation go where it wants to go.

How to use them. One question per sitting is plenty. Listen more than you speak. Silence is not awkward — it is someone thinking. And if a question touches a tender place, let it pass; the table is for comfort, not cross-examination.

About the road behind

1. What is a meal from your childhood that you can still taste?
2. Who believed in you before you believed in yourself?
3. What was the bravest thing you ever did — that nobody saw?
4. Which year would you live again for a day, and why that one?

About right now

5. What part of your day do you look forward to most, these days?
6. What is something you've stopped worrying about — and how did that happen?
7. Is there something you're quietly proud of this year?
8. What would a perfect ordinary Tuesday look like for you?

About the road ahead

9. What is one thing you've always wanted to learn, that there's finally time for?

10. Where would you like to go together — near or far — before the year ends?
11. What do you want to be better at, one year from now?
12. If you could leave the people at this table one sentence to remember you by, what would it be?

These questions grew out of The Most Important Relationship and other letters at behappyretired.com. One gentle letter a week, free, if you'd like more. — Farook