Conversation starters

pactful

Cut along the dotted lines. Take turns picking a card.

#1

What made you sign up for Pactful?

#2

What would be different in your life if you reached your goal?

#3

What have you already tried, and what got in the way?

#4

When in the week do you usually lose momentum?

#5

Do you prefer a gentle nudge or a straight question?

#6

What's a small win you had recently?

#7

Who else knows about your goal?

#8

What does a really good week look like for you?

#9

What are you most likely to procrastinate on?

#10

How do you like to celebrate progress?

#11

What should I do if you go quiet for a week?

#12

What are you curious about that has nothing to do with your goal?