

When you are taking a turn being the talker, here are some suggestions for what to talk about:

- working on getting started with something
- a conversation you need to have
- establishing a new habit or pattern
- something that's bothering you
- a decision you need to make
- getting your head in the space for something
- a topic as if you were talking to _____
- something you are working on writing
- a major life issue
- short-term and long-term goals and dreams
- ideas for improving your living space
- upcoming events and perhaps plans and preparations
- jobs, career aspirations, and recent work experiences
- ideas from books
- things you want to learn
- fitness and wellness
- food and cooking