



Check-in Questions

Quick Reference for Building Connection and Strengthening Teams

A check-in is a reset button. In just a few minutes it helps people feel seen, valued, and ready to contribute. It builds presence, connection, and trust that strengthens both energy and performance.

How to Lead a Check-in

"Let's do a check-in. Today's prompt is _____. Take a moment to pause and think of your response, then share with the group."

Top 10 Check-in Questions

1. What is a high and a low from the day
2. Give a shout out to yourself and one to someone else
3. What is one thing that went well yesterday
4. What is one thing you are grateful for right now
5. What is one thing you are looking forward to
6. What is one thing you will do for yourself today
7. What is something you want to remind yourself during the day
8. What is one thing you need help with
9. What is one thing that is currently giving you hope
10. What is one word to describe how you are arriving today

Connection Challenge

This week, try leading a check-in using two or three of these questions. Notice how it shifts the energy and connection in the room.