

## DAY 5: INTENTIONAL MEALTIME CONVERSATION



**Watch:** Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

**Think:** Today's activity is so simple. Anyone can do it, but it requires a few minutes of forethought. You simply need to decide on a question that will make people think and prompt great discussion. Here are some examples of questions John asks at meals:

- What's the best advice you've ever given someone else?
- What single event in your life has had the greatest impact on you?
- If you could do one thing for every person in the world, what would it be?

**Do:** If you don't already have a breakfast, lunch or dinner scheduled with someone else, then invite someone for a meal today. Before you meet, come up with one or two great questions to ask. Turn your average conversation into an intentional conversation.

**Tell:** After the meal, tell others about the conversation. If you use social media, use the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

**When you're intentional, you can add value to everything you do and to every person you meet.**

