

## **Exercise: Finding Things in Common**

Watch this [video](#) as a group. Comment and share your responses to it.

Then,

1. Have people break into groups of 5-7 – proposing they move into a group where they may not know people well (If all know each other well, that is fine too)
2. Ask them to talk with each other and ask questions to find 5 things all people in the group have in common. These cannot be things that are obvious, like hair colour, eye colour, how they may all have on the same colour clothing. Find things that may be less common knowledge. This will require them to *ask questions for which they have no answer*

Questions like:

When was the last time you were moved to tears by something beautiful, happy or sad?

What was it about that event that caused you to feel that way?

What gives you joy?

How do you get inspired?

What are you most proud of?

Remember, the key is to ask questions that you don't know the answer to.

3. It might feel hard at first because we are so inclined to first ask about things we already know or that are obvious. It is important to get past this and get into the questions for which you have no answer, which is where the energy in the room begins to shift. You will see a greater connection with people

This helps to switch the brain to a different network. You dial into each other and get to the beautiful, meaningful things in your life. You get to know each other on a whole new level – and new level of connection.