

Things I Love

Things I Love is a good way to build relationships and encourage stronger connections within a group.

In this exercise, participants share and discuss the things they love, encouraging self-reflection while nurturing group cohesiveness.

Instructions

Work through the categories below to list the things you love within each domain, one by one.

This exercise works best when everyone has an equal chance to participate.

Categories

Categories	Examples	
Movies	<i>My favorite classic movie...</i> <i>Best film of all time...</i>	
People	<i>I'm closest to...</i> <i>How I met...</i>	
Places	<i>Best trip I ever had...</i> <i>What home means to me...</i>	
Animals	<i>My favorite animal...</i> <i>Pet I'd love to have...</i>	
Books	<i>My 'bucket list' book...</i> <i>I'm so glad I read _____</i>	
Food	<i>I love to cook...</i> <i>I can't live without...</i>	
Hobbies	<i>I love doing...</i> <i>Why _____ is my hobby...</i>	



Dreams	<i>I just know I'd love...</i> <i>One secret passion of mine...</i>	
Sports	<i>I'd love to be great at...</i> <i>My favorite team...</i>	
Songs	<i>Song I loved as a child...</i> <i>I know all the words to...</i>	