



25 Questions to Ask Your Spouse Besides “How Was Your Day?”

- What was the best part of your day?
- What was the worst part of your day?
- If you had to rate today on a scale of 1 to 10, with 1 being awful and 10 being awesome, how would you rate it?
- How can I best support you this week?
- What is stressing you out at work?
- What is stressing you out at home?
- What are you most pleased with at work?
- What are you most pleased with at home?
- What is the most interesting conversation you had today?
- If you could live today over again, what would you do differently?
- What made you feel excited (or upset, happy, sad, etc.) today?
- What is one thing you excelled at today?
- What is one thing you didn't do well today?
- What made you smile today?
- What was the most challenging thing you faced today?
- If we were leaving on a vacation tonight, where do you wish we were going?
- What interesting news articles (or blog posts) did you read today?
- What do you wish you did more of today?
- What do you wish you did less of today?
- What is the most interesting thing you saw or heard today?
- What songs did you enjoy listening to today?
- What does tomorrow look like for you?
- What are you looking forward to tomorrow?
- What worries you about tomorrow?
- What can I do to make the rest of your day wonderful?

