

## **50 Check-In Questions to Kickstart Engaging, Productive Meetings**

A good meeting starts before the agenda kicks in. A quick check-in can set the tone, build connection, and surface insights that would otherwise stay buried especially for remote and hybrid teams.

Whether you're running a daily stand-up, a one-on-one, or a virtual team sync, these 50 check-in questions will help your meetings start stronger and finish better.

### **A. Icebreaker Questions for Any Meeting**

1. What's your go-to productivity hack?
2. What's one small win you had this week?
3. What's a food you love but never cook at home?
4. What emoji best describes your mood today?
5. What's a recent podcast or article you found insightful?
6. If you could teleport anywhere right now, where would you go?
7. What's something you're grateful for this week?
8. What's the most binge-worthy show you've watched lately?

### **B. One-on-One Meetings**

9. What's one thing you've recently learned about yourself?
10. What's been your biggest challenge lately?
11. How would you rate your energy level this week?
12. What's something you're proud of that I might not know about?
13. How can I support you better right now?
14. What's the best piece of feedback you've received lately?
15. What's one thing you want to get better at?
16. How do you feel about your current path?

### **C. Weekly Team Meetings**

17. What accomplishment from last week are you proud of?
18. What was your biggest blocker?
19. What are you most focused on this week?
20. What's one thing the team should know about your current work?
21. What do you need from the team to succeed this week?
22. How heavy does your workload feel right now (0–10)?

23. What's something you learned from last week?
24. What's your top goal this sprint?

#### **D. Daily Stand-Ups**

25. What's your top priority today?
26. What's one thing that might slow you down?
27. How can the team support you today?
28. What's one thing you're looking forward to finishing today?
29. What's a task you're dreading (and why)?
30. What will help you stay focused?
31. How will you end the day better than you started it?
32. What's your energy level like today?

#### **E. Team-Building or Culture-Building Meetings**

33. Which teammate would you like to give a shoutout to?
34. What's one thing you admire in someone on this team?
35. What's something we do well as a team?
36. Where do you think we can improve together?
37. What's your "work superpower"?
38. How can we show appreciation better?
39. What team ritual would you like to try?
40. What's one lesson we've learned as a team recently?

#### **F. Remote and Virtual Meetings**

41. What's your go-to WFH snack?
42. What's something quirky about your current setup?
43. What's your trick for staying energized during long video calls?
44. What do you miss most about working in-person?
45. What helps you shift between work and home mode?
46. What's the view outside your window?
47. Where are you calling in from today?
48. What's something unique about where you live?
49. What's one remote work habit that's made your life better?
50. If you had to rename your home office, what would you call it?