

openup

Mental well-being for all

Time to OpenUp

THE GAME TO PLAY AT WORK

This game is not rocket science, which is one of the things that makes it fun!

The goal is to dive into specific themes with a group and start a meaningful conversation.

How to play

The person who picks the questions should answer first

The person who picked can choose who picks next

Be honest, let's make connections happen

Tip: Why not start each team meeting with a question!

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How would your best friend describe you?

Relationships

What was the most rewarding thing you did this month?

Purpose

What habits you are trying to break?

Lifestyle

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- How do you define an open workspace?
- What is currently a challenge for you at work?
- What does success at work look like for you?
- What do you enjoy most about your job?
- How do you raise doubts or concerns at work?
- If you could improve one thing at work, what would it be?
- How do you feel about your work-life balance, and why?
- Is mental well-being an important topic in your company?

Work Performance



- What was the most rewarding thing you did this month?
- What subject can you give a 30 minute presentation on without preparation?
- If you could get the answer to any question, what would you ask?
- What is one thing you hope to have achieved 3 years from now?
- If money was no issue, what would you do all day?
- Where do you find inspiration?
- Do you mostly follow your heart or your head?
- What advice would you give to yourself 3 years ago?

Purpose



- What memory makes you laugh out loud?
- What is something that makes you forget about everything?
- What book are you reading right now?
- How do you choose to unwind after a long day?
- What makes you feel alive?
- What is your happy place?
- What helps you to focus?
- What is the best advice you have ever received?
- Do you enjoy alone time?
- What does mindfulness mean to you?

Mindfulness



- What are two things that are still on your bucket list?
- What is the most adventurous thing you have ever done?
- What does your ideal day look like?
- What habits are you trying to break?
- What habits are you trying to pick up?
- What is your guilty pleasure?
- What do you do to boost your mood?
- How would you like to spend your days when you retire?
- What is your favourite snack?
- Where is your favourite place in the world?

Lifestyle

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- When you are stressed, do you feel it physically or mentally?
- What topic in your life is stressful to you?
- What is the last thing that scared you?
- What is the fear you would like to overcome most?
- What do you do to stay calm when something is not going as planned?
- What do you do to turn things around when you're having a bad day?
- Is there something that is holding you back from your dream life, and what?
- What is standing between you and your biggest goal?

Stress & Anxiety



- Are you an early bird or a night owl?
- How much sleep do you need to wake up feeling energised?
- What does your morning routine look like?
- What does your night routine look like?
- What helps you to fall asleep?
- What happens if you don't get enough sleep?
- Have you ever had the same dream multiple times?
- Do you take naps during the day?

Sleep



- What do you wish more people knew about you?
- When do you feel connected to your colleagues?
- What is your favourite family tradition?
- Who had the most influence on you growing up?
- Who is someone you really admire?
- What relationships do you value the most?
- How would your best friend describe you?
- How can people tell if you like someone?
- Who is the most important person in the world to you?

Relationships



- Do you ever wish you were someone else?
- What is the bravest thing you have ever done?
- Describe something you achieved that you didn't think was possible.
- Is there anything you find difficult to accept about yourself?
- When did you last step out of your comfort zone?
- What is your superpower?
- What are qualities that you hope to possess?
- How have you overcome one of your fears?

Confidence

**If you would like to receive a physical copy of the
OpenUp game please email:**

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