

15 CONVERSATION STARTERS

FOR 10 MINUTE TALKS

RECONNECT
WITH YOUR
PARTNER
ONE
HEARTFELT
MOMENT AT
A TIME



THIS IS LIFE AFTER 50 . COM

15 Conversation Starters for 10 Minute Talks

After 25+ years together, it's easy to run out of things to talk about or feel like you already know everything about each other.

But the truth is, we all grow and evolve. Taking 10 distraction-free minutes to talk each day can reignite closeness, laughter, and love.

These 15 prompts are designed to spark meaningful conversation without pressure or awkwardness.

1. What was the best part of your day today, and why?
2. What do you miss most about our early years together?
3. What's something you've always wanted to try with me?
4. What's a memory that still makes you smile when you think of us?
5. What do you think has made our relationship last this long?
6. Is there a place you'd love for us to visit - just the two of us?
7. What's one thing you've learned about yourself in the last 5 years?
8. What's something I do that makes you feel appreciated?
9. What's one small thing we could start doing together again?
10. How do you imagine our next 10 years together?
11. What's something I might not know you're worried about right now?
12. What helps you feel the most connected to me?
13. If we could relive one day together, which one would you pick?
14. What's a dream or goal you still have for us?
15. What's one thing I do that makes you feel loved?