



180+ Icebreaker Questions for Adults

Are you wearing pants during this meeting?

Do you have any crazy roommate stories?

Do you watch Netflix shows? What's your favorite?

How often do you work from your bed?

Do you have any hidden talent?

Do you work better in the morning or at night?

What's the first thing you drink when you wake up?

Do you have any pet peeves?

Does your car have a name? What is it?

Describe Your Worst Date Ever.

Do you have any short term goals? What are you looking to achieve within the next year?

Friends or Seinfeld?

Do you consider yourself an entrepreneur?

Do you have any tattoos and what does it look like?

Hamburgers or hot dogs?

Do you enjoy working from home or would you rather be in the office?

Do you know any good jokes? Or corny dad jokes?

Has anyone saved your life before? Have you ever saved someone else's?

Do you have a bucket list?

Do you love or hate surprises?

Has your taste in music changed in the last 10 years?

Do you have a dedicated office space at home?

Do you make your bed in the morning?

Have you accomplished the one thing you'd want to be remembered for when you die?

Do you have a favorite childhood video game?

Do you play any sports?

Have you ever been in a car accident?

Do you have a favorite sports team? (any sport)

Do you prefer to work in an office or from home?

Have you ever been to summer camp growing up?

Do you have a guilty pleasure?

Do you prefer wine or beer?

Have you ever been told you look like someone famous, who was it?

Do you have a TV show that you're currently watching?

Do you read, watch TV, or do something else to fall asleep?

Have you ever lied about an interest or talent to impress someone?

Have you ever met a celebrity?

Have you seen your favorite musician in person?

Hit the Treadmill or Hit the Couch?

Hogwarts or Middle Earth?

How and where did you first meet your best friend?

How many cups of coffee or tea do you have every day?

How many pairs of shoes do you own?

How many states have you been to?

How much money would it take for you to give up your smartphone for a month?

How often do you work in PJs?

How would you rate your laugh out of 10?

How would you spend your money if you won the lottery?

If a movie was made of your life - what genre would it be, and who would play you?

If aliens landed on earth tomorrow and offered to take you home with them, would you go?

If you can choose a famous person to hang out with, who would it be?

If you could act in any movie, what movie would you be in?

If you could be immortal, what age would you choose to stop aging at and why?

If you could be on a reality TV show, which one would you choose and why?

If you could bring back any fashion trend what would it be?

If you could choose any two famous people to have dinner with who would they be?

If you could commit any crime and get away with it what would you choose and why?

If you could do anything in the world as your career, what would you do?

If you could drive any car, what car would you drive?

If you could eliminate one thing from your daily routine, what would it be and why?

If you could guest star on any television show, what would it be? Who would you play?

If you could have any celebrity be your best friend, which celebrity would you pick?

If you could live anywhere in the world for a year, where would it be?

If you could live in any country, where would you live?

If you could live in any state, which state would you pick?

If you could only choose one vacation destination where would you pick and why?

If you could only eat at one restaurant forever, what restaurant would it be?

If you could only listen to one song for the rest of your life, which song would you pick?

If you could only wear one type of shoes for the rest of your life, what type of shoes would it be?

If you could pick one job to do forever (and be guaranteed all the money you need), what job would it be?

If you could start any business in the world, what would you start?

If you had a boat, what would you name it?

If you had a paid year off work, how would you spend it?

If you had lots of money, what unnecessary thing would you splurge on?

If you had one opportunity to run a restaurant, what would you serve?

If you had plans to go out, and it started raining, would you stay home or still go out?

If you had to delete all but 3 apps from your smartphone, which ones would you keep?

If you had to eat one meal everyday for the rest of your life what would it be?

If you had to use a fake name, what fake name would you make up?

If you were famous, what would you be famous for?

If you were left on a deserted island with either your worst enemy or no one, which would you choose? Why?

If you were trying out for a singing reality show, what song would you sing?

If you won the lottery and you had to spend the money on yourself, how would you spend it?

Pick any band to play at your funeral.

Salty or sweet?

Show us the weirdest thing you have in the room with you right now.

Show us your cell phone wallpaper. Is there a story behind it?

Show us your most-used emoji.

Show us your office space!

Ski, snowboard, or surf?

Tell us about something you use to believe earlier in your career, but you now think about it differently.

Tell us about the last time you got angry with a co-worker. What was the cause?

Tell us about your best Christmas activity!

Tell us about your very first job.

Tell us one thing we don't know about you.

Tell us when last you took a big risk?

The Beach Boys or The Beatles?

What's the worst piece of advice you've ever been given?

Train or plane?

Use one word to describe your childhood bedroom.

What about showers? Do you prefer morning or night?

What are you doing next weekend?

What are your favorite songs from your teenage years that you still jam to?

What childish things do you still do as an adult?

What did you dress up as for last Halloween?

What did you get into the most trouble for with your parents as a kid?

What Disney/cartoon character were you inexplicably afraid of as a kid?

What do you enjoy most about your job?

What does your morning routine look like when working from home?

What does your typical work from home uniform look like?

What fashion trend needs to end now?

What fashion trend would you bring back?

What has been the greatest accomplishment of your career?

What is one article of clothing that someone could wear that would make you walk out on a date with them?

What is something that frustrates you at work?

What is the best romantic comedy?

What is the best trip you ever took and why?

What is the best way to get over a breakup?

What is the farthest distance you have driven?

What is the greatest lesson you learned from your parents?

What is the last show you binge-watched?

What is the most adventurous thing you have done?

What is the weirdest thing you've ever seen in your workspace?

What is the weirdest thing you've ever eaten for breakfast that is not a breakfast food?

What is your absolute dream job?

What is your biggest turn off in a partner?

What is your cocktail of choice?

What is your favorite book as an adult?

What is your favourite store?

What is your most memorable childhood story?

What is your Starbucks Order?

What part of elementary school do you wish you could incorporate into your adult life? (i.e. naptime)

What physical thing (hurricanes, bugs, heights) scares you the most?

What piece of clothing best describes you?

What sort of physical exercise do you enjoy?

What sport did you try as a child and fail at?

What totally rad expression did you overuse in high school?

What was the first concert you ever went to?

What was the first record you ever bought?

What was the first thing you remember saving up money to buy on your own?

What was the hardest class you ever took?

What was the most embarrassing thing you have done on a date?

What was the worst job you ever had?

What was the worst style choice you ever made?

What was the worst style or fashion trend you ever embraced?

What was the worst travel experience of your life?

What was your childhood nickname?

What was your favorite childhood video game you played?

What was your favorite film you watched as a child?

What was your favorite snack growing up?

What was your favorite class in college?

What was your first job?

What was your first record, tape or CD that you ever owned?

What was your least favorite food as a child? Do you still hate it or do you love it now?

What were words you couldn't pronounce as a child, so you made up your own?

What would the title of your autobiography be?

What would you do if you were invisible for 24 hours?

What would you like to be known for?

What would be the absolutely must-have-thing in your dream house?

What's the most difficult thing you've ever done?

What's your best sport or fitness activity?

What's your favorite music band a decade ago?

What's a funny (appropriate) pick-up line that works for you?

What's a nickname people actually call you?

What's is one thing we don't know about you?

What's the craziest dare you ever took?

What's the craziest fashion trend you ever rocked?

What's the longest flight you've ever taken?

What's the most random thing in your purse/wallet?

What's your favorite way to get in some exercise?

What's your most embarrassing moment from your teen years?

What's your personal heaven?

What's your real favorite book, and what book do you pretend is your favorite to sound smart?

When did you first feel like an adult?

When you die, what do you want to be remembered for?

Where is your favorite vacation spot?

Where would you love to go for a relaxing holiday?

Which best describes you? An introvert or an extrovert?

Who was the worst grade-school teacher you ever had?

Who was your childhood actor/actress crush?

Who was your role model as a kid and why?

Would you describe yourself as a clean or messy person?

Would you prefer luxury beach vacations or backpacking?

Would you rather have a small dinner party with your 5 closest friends or a giant party with everyone you know and love?

Would you rather lose all of your money or all of your pictures?

Would you rather meet your descendants or your ancestors?

You have to sing karaoke, what song do you pick?

