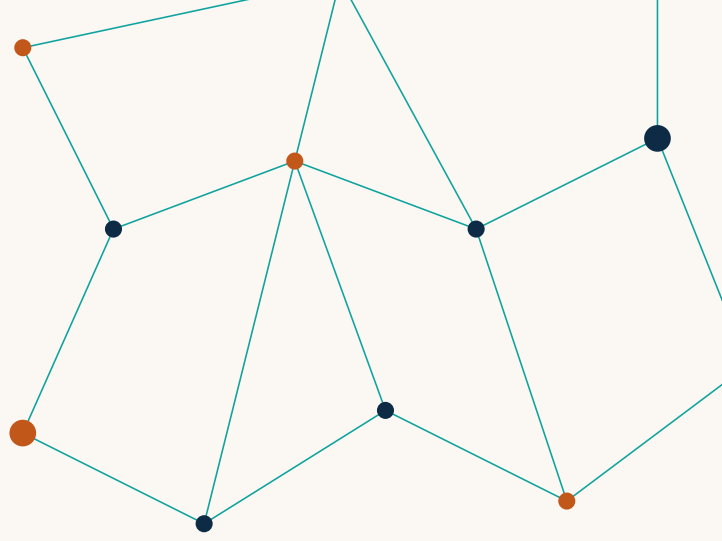


COMMUNITY BY CONNECTION BUILT



# The Table Guide

A simple guide to creating one meaningful gathering without making it weird.

*"Get over it. If you're here, it's because you want to connect. So stop acting like it's awkward and let's connect."*



## SECTION 01

# Why This Exists

We have more ways to communicate than ever, and somehow a lot of us feel less connected than we want to be.

Families are busy. Friends keep saying, “We should get together,” and then six months disappear. Teams are stretched. Young people are overstimulated. Adults are tired. Everyone is reachable, but not everyone feels reached.

The Table Guide exists for people who want to create real connection but do not want to overthink the first step.

| You do not need a perfect house.

| You do not need a fancy menu.

| You do not need to become a professional host with linen napkins and a suspicious amount of confidence.

You need a reason to gather.

You need a few good questions.

You need enough structure to make it easier for people to show up.

**That's it.**

*Connection does not have to be complicated. It just has to start.*



SECTION 02

# Start Here

You do not need a dinner party. You need a reason to gather.

No perfect house. No fancy menu. No pressure.

Pizza counts. Takeout counts. Coffee counts.

The point is not to impress people. The point is to make it easier to show up.

## 0 1 Pick your people

Invite 4–8 people you actually want to talk with. Start with people who feel easy to gather, not people who make this feel like event planning.

## 0 2 Keep it simple

Pick an easy meal or snack setup. Shared food helps, but the point is the table, not the menu.

## 0 3 Set the tone

Say it simply: phones down-ish, presence up. You are not policing people. You are just making room for more attention.

## 0 4 Ask a few real questions

Have 3–5 prompts ready so the conversation does not stall out after weather, work, and someone saying “crazy week.”

*Stop overthinking it. Start with one table.*

SECTION 03

# The Invite

Make it easy to say yes.

People usually want to gather. They just need someone to make the first move. Here are four invitations you can copy, send, and adjust to your voice.

## SIMPLE DINNER

*"Hey, I'm trying to be a little more intentional about getting good people around the table. Want to come over for a simple dinner next week? Nothing fancy. Just food and actual conversation."*

## PHONE-LIGHT NIGHT

*"We're doing a low-key phone-light dinner/game night. Nothing weird, no big agenda. Just trying to be more present with good people. Want to come?"*

## RECONNECT

*"I keep saying we should get together and then life keeps doing that thing where it steals six months. Want to fix that and grab dinner/coffee soon?"*

## FAMILY / FRIENDS

*"I want to start creating more real connection and less everyone-sitting-around-half-on-their-phones energy. Want to come over for food and a simple night together?"*

*You do not need a perfect invitation. You need a sent one.*



## SECTION 04

# Set the Tone

Phones down-ish. Presence up.

You are not banning technology. You are just making room for actual attention. A short, easy line at the start of the night does most of the work.

*" I thought it would be good to make tonight a little more phone-light. Nothing intense. Just trying to be more present and actually enjoy being together.*

*" Phones can hang out somewhere nearby. If you need it, grab it. But the goal is to not let the whole night become everyone checking things every two minutes.*

*" I'm not making this weird. I just think we all need a night where we aren't half-talking and half-scrolling.*

*Presence is contagious. So is distraction. Set the tone early.*



## SECTION 05

# Keep It Moving

A loose rhythm beats a strict agenda.

### 01 Welcome people in

Keep the opening easy. Offer food, drinks, and a place to land.

### 02 Say why you gathered

Try this: “Thanks for being here. I just wanted a reason to get good people around one table.”

### 03 Use a few prompts

You do not need a script. You just need a few better questions than “So... what's new?”

### 04 End with intention

Leave with one simple next step: do this again, plan a follow-up, or just name what felt good about the night.

## A few good questions to keep in your back pocket

- What has been giving you life lately?
- What is one thing you are excited about right now?
- Where do you feel stretched thin?
- What is one small thing you wish you did more often?
- What is something people may not know about you?

*Structure is a kindness. It tells people they do not have to perform.*



## SECTION 06

# Conversation Starters

Six themes. Twelve questions. Endless tables.

### FOOD

#### Start here

- What is one meal you could eat once a week and never get tired of?
- What food instantly feels like home to you?

#### Go a little deeper

- What is a memory you have around a table that has stuck with you?
- If you could share one meal with anyone, who would be there and why?

### ENTERTAINMENT

#### Start here

- What is one show, movie, or book you would recommend without hesitation?
- What song have you had on repeat lately?

#### Go a little deeper

- What story or character has influenced you more than you expected?
- What kind of stories do you think people need more of right now?

### SOCIAL

#### Start here

- Who is someone you always enjoy being around?
- What makes a hangout actually feel fun and easy to you?

#### Go a little deeper

- When do you feel most connected to other people?
- What gets in the way of connection for you?

### IDEAS

#### Start here

- What is something you have been thinking about a lot lately?
- What is one idea, habit, or perspective that has changed you recently?

#### Go a little deeper

- What kind of change do you hope to make in your life or in the world around you?
- What do you wish more people talked about honestly?



### LIFE RIGHT NOW

#### Start here

- What has been taking up most of your energy lately?
- What is one thing you are looking forward to?

#### Go a little deeper

- Where do you feel stretched thin right now?
- What feels surprisingly good in this season of life?

### FUN & RANDOM

#### Start here

- What is a small thing that has made you laugh recently?
- If you could instantly become really good at one hobby, what would it be?

#### Go a little deeper

- What is something people often misunderstand about you?
- What kind of night or moment tends to bring out the best in you?

*Ask one good question. Then ask one more. That's the whole trick.*



## SECTION 07

# Quick Tips

Small moves that change the whole night.

### **Let silence do a little work.**

Not every pause is a problem. Sometimes people need a second to think. Let the room breathe.

### **Follow the energy, not a script.**

If one question lands, stay there. You do not need to rush to the next prompt just because it exists.

### **Ask one more question.**

The best conversations usually happen one follow-up deeper. Try: “Why do you think that is?” “What made that stand out?” “Has that always been true for you?”

### **Keep it human.**

You are not trying to extract a TED Talk from your friends. You are making space for people to be real.

### **End while it still feels good.**

A meaningful gathering does not need to last four hours. Sometimes the best ending is leaving people wanting to do it again.

*You are not running a meeting. You are creating a moment.*



SECTION 08

# How Does Connection Feel Now?

A short, honest reflection. Fill it in by hand.

## Before the gathering

How connected do I feel to the people in my life right now?

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Who have I been meaning to gather but keep putting off?

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What is one small thing I could do this month?

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## After the gathering

What surprised me?

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What felt good about being together?

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What do I want to do again?

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## Connection Count

Track six gatherings over the next six months. Tiny tables count.

No.	Who	When	One word for the night
01			
02			
03			
04			
05			
06			



## SECTION 09

# Try It Again

One table is a moment. A rhythm is a movement.

If the first gathering felt even a little good, that is the signal. Do it again. Make it slightly easier next time.

- Host the same group again next month.
- Invite one new person next time.
- Turn it into a game night.
- Start a monthly Sunday dinner.
- Try a phone-light breakfast.
- Create a rotating host rhythm.
- Ask someone else to bring one question next time.
- Keep a simple Connection Count over the next six months.

*You do not have to host the perfect night. You just have to host the next one.*



A FINAL WORD

# Real connection starts with one simple table.

Phones down-ish. Presence up. Pizza optional. Conversation required.



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