
DISCUSSION SET · PUBLIC · 5 MIN

Check-in questions

Questions for people who share a context: a household, a team, a group. Use a few, in any order. Nobody answers for anyone else.

Questions for people who share a context: a household, a team, a small group. A check-in is a conversation with a shape, held often enough that nothing has to be big by the time it is said. Pick a few questions. Skip the rest. Nobody answers for anyone else.

Before the conversation

- ☐ Name the context you share. One household, one project, one group.
- ☐ Agree how long you have. Twenty minutes is enough.
- ☐ Agree that what is said here stays in the context it belongs to.

What has changed?

- What changed for you since we last talked?
- What did you notice that the rest of us might have missed?
- What is taking up attention lately?

What needs attention?

Tribe: responsibility, participation, boundaries, support. Most friction in a shared context is an assumption about who has something covered.

- What is stuck, and what would loosen it?
- Where are we assuming someone else has it covered?
- What are we not saying?

What is working?

- What went better than expected?
- What should we keep doing without talking about it further?
- Where do we have slack, and where do we have none?

What moves next?

- What is one thing that moves before we meet again, and whose is it?
- What are we deliberately leaving alone for now?
- When do we come back to this?

In a family

The same questions, worded for the kitchen table. Children answer for themselves.

- What was the best part and the hardest part of the week?
- Is there something you have been handling on your own that you would like help with?
- What is one thing we should try next week?

On a team

- What did you finish, and what did it cost?
- What are you waiting on, and from whom?
- What did a customer, a colleague, or a number tell us this week that we should take seriously?

What the questions protect. Each person speaks from where they stand. No one interprets on another's behalf, and what is said is kept in the context it belongs to. A check-in is orientation for a group. It is not a review of anyone.

In the PLAIT Context System a check-in is a recurring event inside the shared PLAIT, with its notes and follow-ups kept beside it. The download carries this set as app-aligned entries.

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Source: New for the Practice workbench (2026-09-29). Follows the reorientation questions (Practice Model §6), strand integrity (§4), and the facilitator boundaries (§10), in the language of a conversation.

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