

Regular Chat Room
September 15th and 17th, 2026
Theme: Habits (習慣)

Self-introductions for new participants:

- What is your name?
- Where are you from?
- What do/did you do for work (job title, raised children, etc.)?
- What do you like to do for fun?

Questions:

1. What is one habit that you do every day?
2. What do you do first after waking up?
 - a. Do you have a morning routine? What does it look like?
 - b. Are you a morning person or a night person?
3. What is one good habit that you have?
4. What is one bad habit that you have?
 - a. Are there any habits that you have that you wish you could do less?
 - b. How much time do you spend on your phone every day?
 - c. How often do you exercise or get outdoors?
5. What habits make you feel good?
 - a. What habits make you feel productive?
6. What happens when you try to change a habit?
 - a. Is it hard for you to change your habits? Why or why not?
 - b. Have you ever successfully broken a bad habit?
 - c. Have you ever successfully started a new good habit?
 - i. How long did it take you to develop the habit?
7. What habits would you like to develop in the future?
8. Are there any people in your life with habits you don't understand?
 - a. What habits don't you understand?
 - b. What habits do you find annoying?
9. If you could replace one chore with a robot, what would you choose?
10. Do you think that people in different countries have different habits? What habits can you think of?