



BUILDING YOUR TEAM

A MEETING ICEBREAKER GUIDE

FACILITATOR'S GUIDE

BUCKET LIST WORK WISH

A Ten-Minute Icebreaker

One professional goal per person, named out loud before retirement feels close — and a room that suddenly knows who to team up with.

Building Your Team
buildingyourteam.com

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EXECUTIVE SUMMARY

One Wish, Named Out Loud

The Bucket List Work Wish asks each participant to name one professional goal they want to achieve before they retire.

It takes under ten minutes, needs no materials, and reveals meaningful information about what the team actually wants out of their careers — information that rarely comes up in a normal status meeting. This paper walks a facilitator through materials, group-size guidance, the full five-step run, sample wishes to prime the room, and the debrief questions that turn individual goals into real collaboration.

~10 min

total time for the activity

6–20

people; split into circles of 8 above that

5

steps from framing to pattern-spotting

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Materials and Group Size



Almost everything here is optional except a way to keep time.

- **A visible timer or stopwatch.**
- **Index cards**, optional.
- **Pens**, if using cards.
- **Chairs arranged in a circle or U-shape.**

The activity is best for 6 to 20 people. For larger groups, split into circles of eight. The whole exercise takes approximately 10 minutes total.

Run the Icebreaker



Five steps take the group from a quiet moment of thinking to a shared conversation about where to collaborate.

1 Frame the prompt

Introduce the question with 2 to 3 examples to help the room picture what kind of answer fits.

2 Provide silent thinking time

Give the group 90 seconds to think before anyone has to speak.

3 Go around the circle

Move through the group at roughly 20 seconds per person.

4 Pick two wishes to explore

Ask the group which two wishes they'd like to dig into further.

5 Identify patterns

Look across the responses and name any patterns that showed up more than once.

Sample Wishes



A few example aspirations help the room understand the scale and tone the activity is looking for.

“ *Lead a project that ships in every country.*

“ *Speak at a national conference.*

“ *Mentor somebody from intern to manager.*

“ *Build a team good enough to run without me.*

Debrief Questions



The debrief is where a list of personal wishes turns into something the team can act on together.

- Which wish surprised you most?
- What would need to change for your wish to become realistic?
- Who in this room could help you take a first step?
- Whose wish overlaps with yours enough to collaborate?
- How much depends on this company versus personal effort?

RELATED READING

More From Building Your Team



- 01 **Reverse Brainstorming: A Problem-Solving Meeting Icebreaker.** buildingyourteam.com/reverse-brainstorming-meeting-icebreaker

- 02 **First Job Lesson: Icebreaker Questions for Team Meetings.** buildingyourteam.com/first-job-lesson-icebreaker-questions-team-meetings

ABOUT



Building Your Team is a division of The Leaders Institute®, the company that pioneered the Build-A-Bike® charity team-building activity in 2005. Building Your Team publishes practical, field-tested team-building activities and facilitation guides for corporate meeting planners, HR leaders, and event professionals.

Want us to facilitate this activity for your group?

Talk with our team about running the Bucket List Work Wish, or another meeting icebreaker, for your group.

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