

Discussion Questions: Personal Development

Use the questions to guide in-class discussion, or post them to the Collaboration Corner.

Unit 1: Develop Yourself

Mentorship

What is Traditional Mentoring?

1. Who is someone in your life that you consider to be a mentor? How did they become your mentor?
2. Who is one person you can see in a mentor role? What draws you to that person?
3. What are some common excuses for why people don't find mentors? What advice can you give them to help motivate them to seek out a mentor?

The Man on Stage vs. Man in the Mirror

1. How does self-reflection play a role in mentorship and taking advice from others?
2. If two mentors give you conflicting advice, whose advice should you take?
3. What should you do when a mentor gives you advice that you don't agree with?

Transactional vs. Transformational Mentorship

1. Transformation isn't changing who you are; it's becoming who you are. Can you tell the difference between when someone is trying to change you rather than build up who you already are? What does that feel like?
2. A mentor isn't someone that you just "catch up" with. They invest in and transform you. What is the difference between a transactional relationship and a transformational one?
3. If you were going to choose one of your peers to be a mentor, who would it be and why?

Inspiration from a Mentor

1. What is one thing you can begin to do that will inspire those around you? Are you willing to be someone else's mentor?
2. How vulnerable should you be with a mentor? Why is it difficult for some people to be vulnerable?
3. Are you waiting for a mentor to find you, or are you actively looking for a mentor? Which method do you think is most effective and why?

The Importance of Mentorship

1. Why is surrounding yourself with people that you want to be like important?
2. What are some ways you can learn from others who may not be in your school, or friend circle, or that you might not know personally?
3. Who do you admire? Why?

Past and Future

Personal Reflection + Future Projection = Personal Development

1. What is a decision that you've made that has had a negative impact on you? How could you have reacted differently to change that outcome in a more positive way?
2. Are you open to receiving feedback from others, even from those you don't really like?
3. Has there been a time in your life where something bad happened to you? Has that moment started to define you in some way? Would it be helpful to talk to someone about it?

To Create or Be Created

1. Are there circumstances in your life you wish you could change today? List two things you can do this week that will help you move just an inch in the right direction.
2. Have you ever tried to improve something about yourself without having a goal in mind? Did you see any success? Why is it important to have a goal in mind prior to starting down a new path?
3. Are you defining your own path in life, or do you let others dictate what you think you should do? Why is it important to take responsibility for who you are?

Born to Be Different

1. Do most of your friends embrace who they are, or are they just trying to fit in? Why do some people focus so much on trying to fit in?
2. Who in your life would consider you to be irreplaceable? How does this make you feel? What makes you irreplaceable?
3. Have you ever worked hard to improve something about yourself, only for nobody to notice? How did that make you feel? Was it still worth it?

Personal Leadership

1. Do you know someone who has hit a “bump” in the road because they didn’t plan ahead? Did they own up to their mistake or try to blame it on someone else?
2. Do you wait for others to build you up, or to offer you encouragement? How would your friend or family member respond if you told them you needed a little more encouragement in your life?
3. How often do you run into the same bumps over and over again? How does that make you feel? How can you change this pattern?

Don’t Let the Same Team Beat You Twice

1. Have you ever made a really big mistake that was hard to let go of? How can you let go of personal mistakes?
2. What mistakes or experiences have you had in the past that have robbed you of success in the present moment?
3. Past mistakes are opportunities - they can either be used as an excuse or a reason. Which will create a better outcome, an excuse or a reason?

A Satisfied Life

Get Out of Your Comfort Zone

1. Share one of your short-term goals. What is one thing you can do that’s outside your comfort zone that will help you reach this goal?
2. Why is it so difficult to find the initial motivation to start something new? What advice would you give to someone who’s struggling to take those first steps?
3. Share an example of a time when something positive happened when you left your comfort zone.

Harness Your Ability to Learn, Read & Obtain Knowledge

1. What are some benefits you see to asking questions instead of just listening?
2. Why are some people difficult to learn from? How should you interact with people in authority that you may have no interest in learning from? How does respect play a role in these situations?
3. When was the last time you read something that made you want to be a better person? Was it online, in a book, or in a magazine? What did you learn?

The Perpetual Learner

1. In what way are you a better person today than you were yesterday? Last month? Last year?
2. When was the last time you celebrated the progress you’ve made so far in improving yourself? Can you take some time today to help celebrate someone else’s success?
3. What area of personal development do you want to continue learning about?

The Questioner

1. How can you ask a lot of questions without becoming intrusive? Do you usually focus on your tone and body language?
2. Why is asking questions the single most-important habit of critical thinkers? What kinds of questions can you ask someone who is struggling with depression?
3. Are your friends often tempted to quickly offer their advice or personal opinions when you would rather they just ask you more questions? How can you establish a healthy dialogue with your friends moving forward?

Achieving a Fulfilling Career

1. What are some career paths that intersect with something you’re good at and enjoy doing?

2. What does the “intersection” mean?
3. What are you passionate about? What comes naturally to you?

Be Yourself

Be Honest with Yourself

1. What is keeping you from being honest with your family members? What can you do to change that? Are white lies okay?
2. Would you rather be known as an honest person who makes mistakes sometimes, or as someone that may or may not always be telling the truth? Why?
3. Do you feel that you are truly honest with yourself about why you are not succeeding in some area(s) of your life? What fears do you need to overcome in order to be more honest with yourself?

Joy & Happiness

1. If you had a friend who was struggling with depression, how could you encourage them to see the good and embrace the happiness in their life?
2. How do you define happiness in your life? Is there a difference between joy and happiness? What is it?
3. Are you satisfied with the things you have? Is your happiness tied to your possessions? Give an example of a time when you were happy in spite of your circumstances.

Inner-Peace/Outer-Peace

1. Can peace be achieved by doing nothing or does it take a focused act? Why?
2. Do you agree with the following statement: “In order to have peace, there must be an internal war?” Why or why not?
3. What comes to mind when you hear the word “peace?” How can you advance peace in your family, neighborhood, or school?

The Journey is the Reward

1. What is one thing you can start doing today that will force you to slow down and recognize that the journey you’re on today is worthwhile? How can you reward yourself for getting through today?
2. Have you ever told yourself, “If only I could make it to next week (month or year)...?” Is it difficult to find contentment where you are? Why?
3. How can we approach problems and difficulties as if going through them is meant to be a reward? How can learning from your problems be rewarding?

Being Yourself & Letting Others Be Themselves

1. How can you help others be free to be themselves?
2. What are some labels others have put on you? What are labels you may have given other people, intentionally or not?
3. How can you be yourself?

Unit 2: Strategic Planning

Where Are You Headed?

Embracing Your Design

1. Who has the biggest influence on your design? Parents, teachers, friends, media, yourself?
2. If you could improve one thing about your design, what would it be? Why?
3. What does it mean to have your own design? What does it mean to live out your design?

Define Your Identity

1. What's one characteristic that you think the world should remove when determining someone's identity? (The way you look, where you work, who your parent's are, etc.)
2. How does having a strong sense of identity allow you to connect with others more easily? Are there things about your identity that you hide from others?
3. What are some of the dangers of having a strong sense of identity? Are these kinds of people open to change? List some of the advantages and disadvantages of having a strong sense of identity.

What Makes You Tick?

1. Do you know what makes you "tick?" Do you know what brings you joy? Do you know what would get you out of bed in the morning if you didn't have to go to school or work? What are they and would your life be better if you did them more?
2. Everyone wants to reach their goals and destinations. How can understanding *why* you do certain things help you reach your goals?
3. Have you ever thought about why you do some of the things you do? Do you do them to please yourself or others? What's an example of something you only do to please someone else?

What is Your Passion & Design?

1. Is there something you could do every day of your life without getting paid to do it? What is it?
2. What things are important to you that you constantly think about? Did you realize these things were your passions?
3. What are the possible positives and negatives of sharing your purpose with someone else? What kind of people would you choose to tell, and who wouldn't you want to tell? Why?

Focus

1. When you lose focus what can you do to regain it?
2. Why is being focused important?
3. How do you stay focused?

Are You Unique?

Does it Pay to Be Different?

1. Do you feel like people are drawn to you for your uniqueness or because you have the exact same interests as them? Think about your best friend. What is one thing that's unique only to them?
2. Make a short list of your greatest strengths. How can you leverage these strengths to set you apart from your peers? Can you perfect them enough so that they'll set you apart from other people in your future career?
3. Think about some qualities or attributes about yourself that you feel could use improvement. Do you struggle with patience, anger, dishonesty, or selfishness? Identify one weakness area you'd like to turn into a strength and make it your goal this month to work on doing so.

When Good Isn't Enough

1. If you could be good at a lot of things or the best at one thing, what would you choose? Why?
2. What is one area of your life where you may be settling for "good enough" instead of striving for your best?
3. What advice would you give to a friend who doesn't think they're good enough to do something? How could you help him or her focus on something they could become the best at?

Stay True, Be You

1. Do you consider yourself to be creative? Why or why not? Are you allowing someone's idea of you to limit your potential?
2. How realistic is it to think that you can become something great if you don't believe in yourself first? How can you begin to change your thinking if you struggle with believing in yourself?
3. Which one of your friends has a ton of potential but isn't living up to it? What can you say to help them realize they're capable of so much more?

Build Around Your Uniqueness

1. How can you pull out the creative, different, unique characteristics in others?
2. How are you unique? How do you maximize or make the most of your unique characteristics, abilities or talents?
3. It's easy to take on an image, but how do you create your own self-image?

How to Get Unstuck

1. Often to get a different outcome or result we need to do something differently. What can you do differently in your day to day to get "unstuck" with a problem you are facing?
2. Is the price of staying "stuck" or not making a change or decision worth the RISK of trying something new, making a hard decision or making a change?
3. Have you ever felt stuck in a painful or hard situation? Maybe you are in one now. What steps can you begin to take to make your situation better?

Opportunity

Move by Vision, Not by Need

1. What are some low priority demands in your life that take up way too much of your time and energy?
2. If you could zoom out and look at the big picture of your life, which low priorities would you choose to cut out of your life? Why? How feasible is it to actually remove them?
3. We all have a hundred things we would like to do and we're often only able to juggle fifty of them. If you could narrow your focus down to just one or two of those things, which would you choose? What impact would that have on you?

Challenge + Change = Opportunity

1. Give an example of when you said 'yes' to someone or something without thinking everything through. Did you regret your decision? How did it affect other areas of your life?
2. Have you ever been faced with so many opportunities that you became overwhelmed? How did that make you feel?
3. Are you on a sports team, in a club at school, or part of a special hobby group? Does being a part of this group define you? How can you make sure you're defined by who you are and not what you do?

Don't Force It, the Opportunities Will Come

1. Are you taking risks and making things happen or are you letting opportunities pass you by? Why?
2. Share an example of when you thought that the grass would be greener on the other side but you found that it wasn't. What did you do? How did you feel?
3. "If you can identify your purpose in life, you can be happy no matter what you end up doing." Do you agree with this statement? Why or why not?

Preparation Meets Opportunity

1. It may be easy to prepare for a test but how do you prepare for your life and future?
2. How do you prepare for a game, test, recital, or special assignment? Do you tend to over-prepare or under-prepare?
3. Have you ever missed an opportunity? If so, why do you think you missed it?

Listening to the Universe

1. Have you ever felt like the “universe” was telling you something? Share your story.
2. If opportunities are out there, how do you take advantage of them? What do you have to do to get them?
3. What does being honest with yourself mean? In what ways are you honest with yourself? Give some examples.

Dreaming

Learning How to Dream

1. What is a dream you have that’s not instantaneous? A dream where you need to invest THOUSANDS of hours into it in order for it to come true...
2. Rather than talking about dreams that only bring us wealth, fame, or happiness, how can we shift our conversations about dreams to things that inspire us? What dreams inspire you?
3. Think about everything that currently makes up your life - your home, school, friends, hobbies, etc. What is one thing that’s completely removed from everything you currently know that you would like to add into the mix?

Creation

1. When is the last time you created something that you dreamed of? What was it?
2. If you surveyed five of your closest friends, how many do you think would say that you talk about your dreams more than you act on them?
3. Working on your dreams takes action. Action requires a first step. Give an example of what a first step may look like. Share your thoughts with a classmate about how you both can take the first step toward accomplishing the dreams you have.

Reinventing the Dream

1. Are you open to hearing feedback? If not, how can you change your mindset to be more open?
2. What dream have you been working on for a long time? Is it time you tweaked it? How can you break your dream up into three or four pieces that you can focus on to help you make progress?
3. Who do you trust to give you feedback on your dream? Why?

Persistence

1. What can you do to build up your persistence? How can you determine your motivation and develop disciplines that will keep you on track?
2. Give an example of something that made you give up on a goal you once had? Was it another person, lack of finances, lack of time, too difficult, etc.? Do you wish you'd dealt with it differently? How?
3. How do you typically react if things don't go as planned? What is your definition of “persistence?”

Don't Stop Dreaming

1. Questions are a great way to discover dreams. What are some other ways you can find dreams within yourself?
2. Write down or share one “why” question and one “what” question, then follow it with a “how” question.
3. Do you have a dream or dreams? Share one with those around you or write it down.

Unit 3: Self-Esteem

Value

See the Value in Yourself

1. Are you open to the views and ideas of other people? How can you allow yourself to disagree with others but still accept them and their thoughts?
2. How do you handle disagreements? Do you respect the other person's perspective? Do you allow yourself to learn from those disagreements?
3. What types of people are you surrounding yourself with: ones who are exactly like you or ones that allow you to think and be different? Why?

Appreciate the Value in Others

1. Who is someone you appreciate? Why? Who is someone you find that you under-appreciate? Why?
2. Which of these 5 key areas do you neglect yourself in the most: social, physical, intellectual, emotional or spiritual? What can you do to keep this area at the top of your list over the next 2 weeks?
3. Some people believe that not thinking about yourself allows you to think about others more. What do you think about this idea? Do you agree or disagree with it? Why?

Stop Expecting, Start Appreciating

1. What would your life look like if every day you stopped and asked yourself, "Who is one person I can show appreciation to?" What's more difficult: remembering to do it or finding the person to say it to?
2. Is there someone in your life who is never able to meet your expectations? How can you begin to shift your expectations into appreciation?
3. Which is more meaningful and motivating in your life: money or appreciation? Why?

Healthy Self-Esteem

1. How can you learn to love yourself? How can you build upon your strengths and work on your weaknesses?
2. What are some things you love about yourself? What are some things you might want to work on?
3. What is self-esteem? Do you have low or high self-esteem?

Practical Examples of Self-Esteem

1. What does healthy self-esteem look like? What does unhealthy self-esteem look like?
2. Have you ever let somebody else's bad day or "issue" negatively affect your self-esteem?
3. How can you overcome other people's bad opinions and hurtful words or actions toward you?

Who's in Control?

What's in Your Hands?

1. Are you waiting for someone to tell you that they believe in you or are you putting your dreams into action because you believe in yourself? How can you start believing in yourself to spark your motivation?
2. Do you tend to see what others have as things you don't have? How can you be grateful for what you already have and remain positive despite what you lack?
3. What gift have you been given? Are you taking the time to develop your gifts? Why or why not?

Who You Are & Who You're Not

1. What do you stand for? Do you stand up for those who cannot stand up for themselves or do you live within the boundaries of non-opinion?
2. What is one area of your life where you've drawn a line in the sand and said, "This is right, and this is wrong?" How does that line represent the courage in you?
3. What does your moral compass look like? What is your "true north?"

Time is Ticking

1. Do you wait until the last minute to complete important tasks or are you prioritizing your to-do list? How can you make sure you are prioritizing things and giving them the proper amount of time?
2. If you surveyed the five closest people in your life, how many of them do you think would say that you manage your time wisely? Would they be correct?
3. What's more important to you: organization or prioritization? Support your argument.

Personal Accountability

1. In every situation there is an opportunity to look within and ask, "What could I have done better or differently?" Give an example of having to take personal accountability for something.
2. Who is in control of you? Have you ever placed blame on someone when it was your responsibility?
3. Why is it easier to place blame on others instead of owning our mistakes?

Command Your Temper

1. What makes you angry? How can you work around those things to give yourself an easier opportunity to maneuver through those situations without getting worked up?
2. When you get angry, what do you notice about yourself? What happens to you when you get angry? How do you react?
3. What helps you shift your anger? What are some new things you would be willing to try?

Needs and Limits

We All Have Needs

1. Are you secure or do you bring others down to lift yourself up? Does bringing others down really make you feel better? How can you begin to lift others up to help lift yourself up?
2. Do you see your weaknesses as something negative or as an opportunity for growth? How can you continue to better yourself and turn those weaknesses into strengths?
3. Do you have friends who are sarcastic, critical or passive aggressive towards others? What are they actually trying to communicate? Are these people insecure or just trying to get attention? What can you say next time they do this?

Don't Fault People's Limitations

1. What does the word *grace* mean to you? How can you show grace to others? How have others shown grace to you?
2. A person might have a limitation in their emotional health, finances, personal identity, communication skills or confidence. Share an example of when someone had a limitation that you had to overlook so that you could progress in your relationship.
3. When someone doesn't recognize your needs, what is the best way to respond?

Living in Denial

1. What does your social media portray about your life? Does it expose your struggles or only show the highlights?
2. Someone living in denial often has recurring negative things pop-up in his or her life. How can you provide a fresh perspective in these people's lives and help steer them in a better direction?
3. Denial is a defense mechanism that helps people avoid disturbing truths. When this denial leads to unhealthy or harmful situations, action must be taken. How can you recognize when someone is in denial?

What About Me

1. What does your favorite "me" time look like? What gives you energy? What makes you happy?
2. Do you ever feel like you need "me" time? How can you make time for yourself?
3. How can you take better care of yourself?

Identifying My Needs

1. What is one thing that really makes you happy, excited or that gives you energy?
2. Are you aware of what makes you feel loved and connected with others? Give some examples.

3. Do you feel like you often want what everyone else has? How can you redirect your attention to focus on what you really need to make you happy?

Don't Stay Silent

Against the Grain

1. What things in your life do you need to change in order to go from settler to pioneer? What is one thing you're excited about going out and conquering?
2. "You are meant to live in the unknown. Life was meant to be an experience where joy and mystery are the common factors." What does this statement mean to you?
3. Think about your school and your group of friends. What's the status quo for the average student you run into? Are you willing to go against the grain? To be different? To pioneer something you believe in?

Limits Are Meant to Be Broken

1. Let's say there's a school rule that you and your friends don't agree with. How can you respectfully approach the situation to try to bring about change?
2. Has there ever been a time in your life when you pushed against a rule or request from your school, parents, or teacher and made them change their minds about it? Did you use reason, force, stubbornness, tears, conviction, or some other method to get it done? Describe what happened.
3. How likely is someone going to take you seriously if you have a reputation for being difficult or a troublemaker? How important is building a good reputation if you want to push the limits and change the rules?

Be Vocal About Your Direction

1. When should you be silent and when should you be vocal about big decisions you have to make? How do you choose who to open up to?
2. Do you agree that sharing the background and details of some of your life choices can help others better understand you? What are some of the possible benefits and risks of having those conversations?
3. Have you ever experienced a time when you decided to take your life in a different direction, and people who once believed in you began to turn their backs on you because of it? How did this make you feel?

Breaking Free From My Secrets

1. Who in your life do you trust and can share your secrets with? Find one person and be open and honest with them. Share one secret with them this week and see how it makes you feel.
2. Why is it hard to share our secrets? What are some reasons we feel like we can't share them with anybody?
3. How do secrets keep you "stuck" or in "bondage"?

Surround Yourself With Giants

1. Are you a "giant maker"? Are you positively or negatively affecting others around you?
2. How do you know someone is a "giant"? Whose words are "BIG" in your ears?
3. Who are the three closest people to you? Are they positively or negatively affecting you?

Unit 4: Complete Health

Mental Health

Break it Down

1. Do you believe that you are destined for something great? Are you open to achieving something more than what you can currently dream of? How can you remain open to this?
2. Is there a spiritual component to your life? Is there something internal that drives you to do good? How important is it for us to have this element in our lives?
3. Have you ever taken a step of faith? Have you ventured into the unknown without knowing what would happen or with doubts about whether it was the right thing to do? What happened?

Shifting Your Perspective

1. Share an example of when you had a strong opinion about something but someone was able to change your mind. What happened? Why did you decide to change your mind?
2. What are the risks in thinking that everyone else is always wrong and you're always right? Is it possible for two people to both be right but just have different perspectives?
3. In what areas in your life are you selfish? How can you start changing your thinking in those areas? What benefits will you start to see?

Healing Your Mind

1. What are you watching, listening to or looking at that can negatively impact your mind? What are some positive changes you can replace those things with?
2. Where do your thoughts come from? How can you protect your mind from negative or hurtful thoughts?
3. What are some things you do to help you slow down when you are feeling frustrated or restless?

The Freedom in Forgiveness

1. Do people have to apologize first in order for you to forgive them? Who in your life do you need to forgive? How are you going to do it?
2. Who holds the power when you hold onto hurt and offenses caused by someone else?
3. Should you always forgive someone who hurt you? Why or why not?

Tips to Mental Health

1. How do you love yourself? What are some things you love about yourself?
2. What are your tips to mental health?
3. Do you sweat the little things? In what ways can you be more easygoing, flexible or light-hearted?

Physical Health

Challenge Yourself

1. What mindsets or perceptions are currently holding you back? What does self-restraint mean to you?
2. Can you think of a time where you said "no" to something you really wanted to do in order to do something nice for someone else? Would you make the same decision today? Explain.
3. How can you balance or manage your relaxation time so that it does not turn into laziness?

A Change in Pace Leads to a Change in Production

1. How can physical exercise help you recharge mentally? From your own experience, what benefits have you seen from exercising?
2. Is exercise a part of your lifestyle? Why or why not? How could adding this activity benefit your productivity?
3. What is one area of your life that needs a jumpstart? What can you start doing now to help you reach this goal by the end of the year?

We Are What We Consume

1. How often do you think about the food you eat and how it's affecting your mental and physical health? What's the hardest part about eating and drinking right?

2. If you had to choose one bad eating habit to cut out, what would you choose? If you could choose one unhealthy food that you could turn into a healthy food, what would it be?
3. What's something you could say to someone who has trouble with his or her eating habits? Have you ever shared eating advice with someone else? Did they respond positively or negatively to what you said? Why?

Mindfulness

1. How can you take better care of your body so that your future self will thank you for it?
2. Is being mindful only for you? How does being mindful affect those around you?
3. What does being mindful mean? What are some other words that can describe mindfulness?

Personal Hygiene

1. How do you take care of yourself? How do you incorporate personal hygiene into your routine and lifestyle?
2. What is the impression, message, or brand you want others to receive from you? How does hygiene play a role in making an impression about yourself?
3. What are some examples of good personal hygiene?

Social/Emotional Health

Human Boundaries

1. What is one indicator that you have overexerted yourself? How can you recover if you see yourself developing unhealthy habits?
2. What safeguards can you put in place to make sure you don't out run yourself? How can you hold yourself accountable with these safeguards?
3. How much sleep is best for you? How do you know? What happens when you get too much sleep, or too little?

Emotional Pain, Loss & Stress

1. Who do you know that is compassionate? How do you know they're compassionate? What other qualities do you look for in the people you confide in?
2. Who in your life can you share your pain and anxieties with? How did you choose them?
3. How does isolation set you up for failure? What should you do if someone you care about starts isolating him or herself after something bad happens? What are some things you should and shouldn't do?

The Daily Forgiveness, Thankfulness & Confidence Exercise

1. Take 5 minutes right now and go through a "soul cleanse". First: identify forgiveness opportunities. Second: be thankful. Third: express confidence. How did the exercise make you feel?
2. How has un-forgiveness acted as a poison in your life? Take a moment and think about who you need to ask for forgiveness or who needs to forgive you. What is holding you back from taking the first step towards reconciliation?
3. What does mindfulness mean to you? How will our relationships with others become impacted if we focus daily on being mindful?

Accepting Your Circumstances

1. Do your circumstances define who you are or want to be? Are you using your circumstance as a reason to become better or an excuse to stay the same?
2. Do you feel like you need to be dishonest about your circumstances? What can you learn from sharing it with someone you trust?
3. Do you have a hard circumstance or situation going on in your life? How can you make it better?

Explore a New Environment

1. What new places can you visit in your area? What are some of your dream places to visit?
2. Other than location, what are some ways you can change your environment?
3. Why is changing your environment important?

Growth Mindset

Assess Your Budget

1. How do you determine what is a need or a want? What are some examples of each in your life?
2. Do you have a budget? How old do you need to be before it makes sense to start a budget? Why?
3. What is some of the best financial advice you've ever received?

The Decision-Making Chart

1. What is buyer's remorse? Have you ever had it? Share a time when this happened to you.
2. How do you make decisions? Are they impulse or intentional decisions? Do they reinforce your values and priorities?
3. How do you know if you should wait on a decision? How will you know how long to wait?

Daily Disciplines

1. What's the hardest thing about being disciplined? Why are so many people so bad at it?
2. What do you want to be more disciplined with? How can you change or implement that discipline?
3. Looking back, are you the same as you were two years ago? Or even six months ago? Are you doing the same things and making the same mistakes? Share a good habit that you've been able to keep for the last six months.

Emotional Intelligence

1. How can you practice or "work out" your emotional intelligence muscles?
2. Do you have an easy or hard time expressing how you feel and understanding why you feel certain ways?
3. What does having emotional intelligence mean to you? How do you tend to manage your emotions or the emotions of others?

Breaking Free of Limitations

1. Are there people in your life who are feeding you negative and limiting opinions or thoughts? What can you do to protect your heart from their words?
2. Do you believe in yourself? Do you put limits on yourself? How so?
3. What are examples of things that can hinder you from achieving your dreams and goals? Do you have obstacles in your life that are hard to face or get through?