

# Discussion Questions: Unlock Your Purpose

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

## Unit 1: Happiness vs. Success

### Map Your Future

#### Living Out Your Destiny

1. What happens if you find a job where you only feel fulfilled in two of those areas? Should you stick it out? Should you fight for the third area?
2. What's most important to you when thinking about your career: getting paid, doing what you're good at, or doing what you love? Rank those three things in order of importance.
3. What advice would you give to someone that says, "I have a job that pays okay, and I'm pretty good at it, but I just hate doing the work?"

#### Creating Healthy Success

1. Would you rather: a) try to do something you love and fail, or b) succeed at something you hate doing? Why?
2. Are good grades more important than life skills? Why or why not?
3. How much time and energy are you putting into developing skills that will help you be successful after high school?

#### What We Truly Desire

1. Are you counting down the hours until school or work is over or are you counting down the hours until you can return to work or school? How can you become more energized in your school/work so you are excited and want to get up for it?
2. Think about the career you'd like to have in the future. Is it more likely that you'll be able to fulfill your passion at work, or will going to work enable you to pursue your passions outside of the workplace? Why is this difference important to recognize?
3. Do you believe that excitement is truly contagious? How can you bring excitement into your family, school, or workplace?

#### It's Not About the Money

1. There's recently been a large push by companies to give their employees access to wellness plans, volunteer opportunities, and corporate perks. Why do you think companies are investing so heavily in helping their employees find fulfillment outside of their job tasks?
2. Are you willing to make less money to have more purpose and flexibility in your job? Why or why not?
3. If your current or future job doesn't provide you with any value outside of a paycheck, what should you do?

#### Take the First Step

1. What is a dream of yours? What is the first step you should take towards achieving that dream?
2. Do you tend to overanalyze things?
3. So many times we say "I can't wait until when..." or "I can't wait for..." Do statements like this move you towards your dreams? What could you replace these statements with?

### People and Problems

#### Types of People

1. How can you act differently to live what you create, rather than what is handed to you?
2. Who is your life is a person who just makes things happen? How can you model your life after the way they live theirs?
3. Are you a person who *wonders* if something will happen, a person who watches something happen, or a person who *makes* something happen? Why?

You Choose

1. Have you ever chosen to have a good day before the day even started? What kind of effect do you think it would have on your day if the first thing you said in the morning was, "I'm going to have a good day today?"
2. What is it like to be around someone who always has a victim mentality? Are they easy or difficult to relate to?
3. Do you beat yourself up when you mess-up or do something poorly? How would your life change if you decided to give yourself a break from criticizing yourself?

Types of Problems

1. Can you think of an example of when you were minding your own business and someone caused a problem for you? How did you react? Looking back, is there anything you would have done differently?
2. How quick are you to take responsibility for your problems? Do you have the ability to say "yep, my bad" or are you easily overcome by embarrassment or fear that you look for someone or something else to blame it on?
3. Do you know anyone that has grown-up in a rough neighborhood or had a rough life at home? Did they become a product of their environment, or did they find a way to overcome their situation?

Your Purpose Dictates Everything

1. What is your why?
2. What do you spend a lot of time doing? Why? Is how you spend the majority of your free time benefitting your future?
3. How can you practice what you're passionate about every day?

Decide Who You Want to Be

1. "You teach people how to treat you." Explain what this means.
2. What labels or misconceptions of you do others have that you want to get rid of?
3. What story are you telling others about yourself?

Focus and SuccessFour Pillars of Focus

1. Give an example of a time when you unfairly judged someone. What was your initial opinion, and how did it change?
2. Think about a person in your life who has trouble focusing on what others are saying. Do you think he or she is distracted? Do you think he or she just doesn't care? Do you ever find yourself losing focus on others?
3. What is distracting you from being aware or present in your everyday life? How can you eliminate and focus on what you really need to focus on?

Four Pillars of Success

1. "Don't be afraid to have less in your scope by having more in your heart." What does this mean? How can this principle impact how successful you are?
2. Think about how you envision success in your life over the next five years. Are you doing the actual work needed achieve that success *now*? How much of your daily effort is put in to things that don't really matter?
3. How do you view success? Do you view it through your values? Are your actions uplifting to others? How can you be more intentional with your actions?

Defining Success

1. What is a healthy view of success?
2. What does success look like or mean to you?
3. What is happiness and what is success? Why does it matter to have a healthy view of what personal and professional success looks like?

Setting Goals: First Step to Success

1. What is the first step in success?
2. What are goals? What can goals provide you with?
3. Have you personally set any goals for yourself? If you haven't, what three things do you want to set goals for?

The Importance of Planning

1. How does planning lead to success?
2. Have you set goals? Do you have a plan along with your goals?
3. How do you stay accountable to your goals and plans?

From Learning to EarningLearn How to Learn

1. Are you currently reading anything that you feel is helping you grow as a person? If you are not, what's a topic you could look into that would help you grow as a person?
2. Which learning model do you find the most success in using (reading books, listening to audiobooks, blogs, internet articles, etc.)? Which is your favorite?
3. What are the benefits of learning from experts? Is there ever a reason to ignore what the experts say and do your own thing?

Learn How to Earn

1. What are things that you are passionate about and how can you make more time to learn in this area? How can you empower yourself to think and learn with more curiosity in life?
2. How can I engage more in school and help make the "boring" or "difficult" lessons more fun or rewarding? Share your thoughts.
3. Think about all of the lessons you've gone through so far. Share three of the most important things you've learned so far. Is there anything you've learned and already put into action?

Meaning > Money

1. Where are you currently seeking happiness: in meaning or in money/material possessions?
2. How can getting caught up in money negatively impact your life? How does it prevent you from living out your purpose?
3. Do you know anyone that has plenty of money, but is wanting more? Do you think they have a strong sense of meaning in their life? Why do you think they may not be satisfied with what they have?

From Purpose to Profession

1. What dreams and passions are you pushing aside? How is this preventing you from making a profession out of your purpose?
2. List or share three of your favorite hobbies. Can you see yourself making a living out of any of these?
3. Where can you find purpose in what you're currently doing?

Changing Your Mindset About Money

1. Have you seen money cause problems? How?
2. How can money be used for bad? How can money be used for good?
3. How do you tend to use your money after receiving it? What are a few other ways you could use it in your life besides spending it?

## Unit 2: Making a Difference

### Giving is Getting

#### An Uncharted Principle

1. What does generosity mean to you? What areas in your life can you begin to live more generously?
2. How easy is it for you to be consumed by your circumstances when you're having a bad day? What can you do to direct your thoughts away from the negative during these times? How could this benefit you?
3. How can you slow down and really start to notice the needs of others around you?

#### Giving Back or Just Giving?

1. Do your possessions possess you? How can you care less about material items and more about people?
2. When you give how does it make you feel? Do you feel like you've lost something or gained something? Do you regret it or love it?
3. Think about the last time you gave something away. Do you usually give to others out of joy or obligation? When you give something, do you expect something in return?

#### The Giving Experience

1. Have you ever received a gift and felt a need or an obligation to give something in return? How did that make you feel?
2. What are some things besides money you can be generous with?
3. Have you ever given a gift and expected something in return? Have you ever given a gift without an expectation for anything back? Compare the two experiences.

#### Is There a Higher Purpose?

1. What is a higher purpose? What does that mean?
2. How can you give yourself to a higher purpose? What higher purpose are you pursuing?
3. How do you need to make a change to make a difference?

#### Why Farmers Win?

1. What does it mean to be a farmer? How can you become a farmer?
2. What happens when you give? What do you have that you can give to the world or to others?
3. What you focus on grows. What do you want to spend more time focusing on?

### Reasonable Response

#### Wealth & Power

1. Which response from the story were you more likely to choose: hiding the shoes or putting money in them?
2. Does everyone have something to give? If you got to know everyone in your class, do you think you would be able to identify something meaningful in your possession that you could give them? Try it with someone you don't know.
3. How can you begin to better see the needs of others around you? How can you be both quick to give and thoughtful in how you give?

#### The Dead Sea or Niagara Falls

1. Do you need money in order to have wealth? How can you have a "wealth mentality" without having money?
2. Would you rather be poor and have everyone think you're rich or would you rather be rich and have everyone think you're poor?
3. Would you rather be comfortable financially for the rest of your life or live twenty years like a millionaire and be poor after that? What does your answer say about you?

#### Gratitude

1. What is gratitude? How does having gratitude benefit you?

2. What are five things you are grateful for?
3. Do you see the glass half full or half empty?

#### Hope in Hopelessness

1. What is hope? Why is it important to have hope?
2. How do you find hope in hopelessness?
3. Do you believe you have everything you need?

#### Helping Those in Need

1. How does helping others in need help you?
2. Have you ever helped someone? How did that make you feel?
3. Has someone stopped to help you with something? How did that make you feel?

#### Make a Difference

##### What Does it Take to Make a Difference?

1. What is the difference between making an impact and making a difference? Share an example of both.
2. How do you suppose people stay humble and secure in who they are? How can you be confident without acting cocky or conceited?
3. Have you ever been around someone that spent more time complaining about something going wrong than taking the time to fix it? Why do people do this? How does it make you feel?

##### Being a Positive Influence on Others

1. How do you influence others from a positive and pure place?
2. What is influence?
3. What gives someone influence over others? Who do you have influence on?

##### The Simple Gift of Life

1. What is one small thing you can do to have a positive influence on someone today? Do you have any young kids in your life? What kind of influence are you having on them?
2. Define the word "influence" in your own words. Share some examples of how people tend to influence you.
3. In order to have a larger influence, you must first build a strong reputation. What kind of reputation do you think you have? Could it be hindering the influence that you have on others?

##### Investing into Your Community

1. How is investing in your neighbor also investing in your future?
2. Describe the community you live in. Do you enjoy it? Do you take pride in it?
3. What can you do in your community to make it better?

##### Embrace a Different Lifestyle

1. Explain how experience can sometimes be better than knowledge, then explain how both combined are unstoppable.
2. How does it feel to know that there are millions of other people on the same journey of self-improvement that you are? Do you feel alone in this journey?
3. Have you ever volunteered at an event or helped-out at a company or organization? How did that make you feel? Even if what you did was small or boring, explain how you were able to use your gifts.

#### Be the Change

##### Is There More to Life?

1. What is the power behind asking the question, "Is there more?" How can asking this question help lead you to bigger and better opportunities?
2. If you could live anywhere or do anything without financial restrictions, what would your life look like? Did you immediately think of someone else's life you'd like to have or did you craft a certain job or lifestyle in your mind?

3. Share an example of a time when you thought the next thing in life would be better than the place you just came from. Was it actually better, or was it actually kind of a letdown? Explain.

#### Is Doing Good Better Than Being Great?

1. Great things are made up of hundreds of good decisions. What are some good or maybe better decisions you need to start making?
2. How can you remain faithful in doing good deeds, even when they go unnoticed or you feel you don't receive the big breakthrough you seek in return? Explain how timing and perseverance play a role in this.
3. What is a personal weakness that you would like to turn into a strength?

#### A Life Plan Can Help Build a Legacy

1. Are you mindful of how others perceive you and what kind of impact you are leaving behind? How can you become more mindful of your words and actions and their lasting potential?
2. What positive values or memories do you think you leave on the people you interact with? Do you feel that you are frequently investing into others by teaching them new concepts or ideas?
3. If you died today, how do you think people would remember you? What do you think they would remember the most about you?

#### Giving Beyond

1. Do you believe the feeling of giving is better than the feeling of receiving? Why or why not?
2. How could you give more in your life, in what areas and to whom? What does "going or giving beyond" mean to you?
3. When was the last time you gave someone something and what was it? How did that make you feel in comparison to when you received something from someone?

#### Thriving or Surviving

1. Give an example of something that you like doing, something that you love doing, and something that you need to do.
2. What is the difference between thriving and surviving?
3. What makes you thrive?

**Unit 3: Thoughts, Words and Silence**Frame Your WorldWords Shape Thought

1. If your words shape your thoughts and your thoughts shape your actions, how can you begin to change your words in a way that will give you the outcomes you want in life? Give a few specific examples.
2. Are your words positive and filled with hope, or are they negative and defeating? How has this affected your behavior?
3. Is everything you believe true? What are some things you believe that could be holding you back from your full potential and purpose?

Thoughts Shape Beliefs

1. What do the majority of your thoughts consist of on a daily basis? Are they positive or negative?
2. How can you change the way you think about negative situations? How can you change the way you think about yourself?
3. What uncertainties in your life are leaving you feeling crippled or incapable? What opportunities in my life lift you up and make you feel powerful?

Belief Shape Actions

1. Have you ever taken time to audit your thoughts and words? What can you learn about yourself from looking at your word choice and what you spend most of your time thinking about?
2. Have you ever been stuck in a rut? Were you able to work yourself out of it or are you still there? How can you begin to change your thinking in this area? Is there anyone who can help you work through it?
3. What do you think about all day long? What is that dominant image in your life? How can you make sure that dominant image in your life is a positive one? How can you then achieve it?

Visualize Your World

1. Which comes first: the frame or the picture? What does this metaphor mean?
2. See the picture first. What picture can you see for your life?
3. Have you ever felt stuck inside someone else's "frame"? What does that feel like?

Choosing Between Two Realities

1. When others are talking negatively and gossiping, what can you do to keep it "sunny side up" or keep it positive?
2. Do ever find yourself focusing on the "dirt"? What is a great way to become more focused on "the light"?
3. How can you protect your mind from thinking negatively?

Positive and NegativeThe Effects of Negativity

1. Do you think your friends want you to be a more positive person? If you took a survey of your 10 closest friends and family members, would they say that you're typically a more positive or negative person? Would you agree with them?
2. Why do you think being negative or complaining makes us feel good? Why do we seek out this temporary feeling? Do you know anyone who you think is addicted to this feeling?
3. When others around you start to complain, what is a good alternative to jumping in and joining the negative conversation? How will they react? Are you afraid of their reaction?

Turn Negativity into Positivity

1. How can a positive attitude make you more enjoyable to be around? How can it improve your health or help you land a job?
2. How can you remain positive yet still sympathetic when someone shares something painful or difficult with you?

3. Because being positive is more work than being negative, what are some creative ways you can remind yourself to focus on the positive side?

#### Positivity Exercise

1. Do positive people have a reputation for being detached from reality? Why or why not? Support your opinion.
2. Do you believe that your perception is more powerful than the reality that you're going through? Share an example why you agree or disagree.
3. How do you feel with you see someone who "has it all" complain about small inconveniences? Do they have a right to feel this way? What would you say to them if you were with them in the moment?

#### Reshape Our Worlds

1. How do our words shape our world, life and perspective?
2. What can you do to shape your world with your words?
3. What five things are you grateful for right now?

#### The Importance of Rest

1. How do you rest your mind? How do you rest your body?
2. Do you get enough rest mentally and physically?
3. Why is having rest important?

#### Silence and Questions

##### The Importance of Silence

1. In a conversation, would you say you talk or listen more? Why?
2. Do you tend to feel awkward in conversations where there is silence? If yes, why?
3. How can you slow down and become a better listener?

##### Questions First Please

1. Do you typically play more offense (answering all of the questions and having all of the solutions) or defense (avoiding questions and deflecting solutions) in your conversations? Why do you think this is?
2. How can asking better questions, rather than more questions, change the dynamic of your relationships?
3. Do you find yourself asking others for a solution to your problems or offering solutions to others for their problems? Which skill do you think is more valuable? Why?

##### Curiosity

1. What does curiosity mean to you?
2. What are you curious about?
3. How can curiosity help you in life?

##### Filling the Void

1. Are you comfortable with silence? Why or why not?
2. Do you feel like you need to fill empty space with words or actions? Have you ever been in a room with someone and been comfortable just sitting quietly?
3. Why do you think we feel the need to fill the void with words?

##### Ask More Questions

1. Do you need to know everything? Are you afraid to ask questions?
2. Is there such a thing as a stupid question? Have you ever felt inadequate because you didn't know something? What really was making you feel that way?
3. Why is asking questions beneficial?

### Warping Reality

#### Limitless Design

1. Which is more dangerous: taking risks and overcoming limitations or living comfortably and not taking chances? Why?
2. What are some of your fears that may be limiting your potential?
3. Do you feel you have any excuses that you should stop using in order to improve yourself? What could you say or do in place of those excuses?

#### The Words Exercise

1. Take a few minutes to think about some negative words that have been spoken to or about you. Then, write down the opposite of each of those words on a piece of paper.
2. How can you begin to adopt and embrace the positive words you've outlined for yourself?
3. Write down ten encouraging words you would like to live by. Where could you keep this list of words so that you see them every day?

#### Daily Affirmation Statement

1. Do you ever feel frustrated, sad or disappointed when you think about where you are in life? How can you turn these feelings into focus? What would you say to a friend that is going through something similar?
2. What is a daily affirmation that would work for you?
3. How can you remain content with where you are in life even though you know it's not perfect? How can you embrace every season of your life?

#### How Energy Affects Humans

1. Do you feel you are an energy giver, taker, or storer? Explain.
2. Why is it important to be an energy giver?
3. How do you decide what you want to give your energy to?

#### Breaking Through Our Hardships

1. How can your hardships prepare you for the future and make you a better person?
2. Are your hardships for you? How can they be for others?
3. How can you break through something hard you're going through?

## Unit 4: Relationships

### Relationships

#### Our Most Essential Need

1. Share some of the people that have invested into your life and made you who you are today. What are some common traits these people have?
2. When was the last time you let people know how much you value them? How can you show them your appreciation?
3. Who do you think you're impacting? Who is relying on you for love and support?

#### Opening Doors of Opportunity

1. What are some characteristics of an "authentic" or "genuine" person?
2. Would you rather have surface relationships with 30 different people or have deep, meaningful relationships with 3 people? Why?
3. Have you ever burned a bridge in one of your relationships? Did doing so impact other relationships in your life? How and why did you make the decision that the relationship could not be repaired?

#### The Power of Connection

1. How do you prioritize your relationships? How do you choose who to give your time to and who you open up to?
2. How do you maintain a long-distance connection with a friend or family member? What are some of the struggles you have to overcome?
3. Have you ever been in a relationship where the 'give and take' was out of balance? What did that look like? How should you respond to friends who constantly take more than they give?

#### Setting Realistic Boundaries

1. Have you ever let someone else down because you knew it was the right thing for your life? How did it make you feel? How did they feel?
2. In what ways can setting up healthy boundaries improve your relationships?
3. Is there anyone in your life right now with whom you have unhealthy boundaries? What can you do to set up healthy boundaries? What will your conversation sound like?

#### Developing, Managing and Sustaining Your Relationships

1. How do you develop, manage, and prioritize your relationships?
2. Are all relationships created equally? Explain. How can you set boundaries in relationships that aren't bringing you joy?
3. How can you nurture the relationships that mean the most to you?

### Belonging

#### Get the Support You Need

1. What does it mean to say that belonging starts with self-acceptance?
2. Do you believe that everyone has an agenda? Do you think if someone has an agenda towards you that it affects their ability to form a genuine relationship?
3. What does belonging look like to you? Has there been a period in your life when you felt like you didn't belong? What did you do?

#### Find Your Tribe

1. What does *community* mean to you? What does *tribe* mean to you?
2. What are some of the advantages of building relationships outside of your tribe? How do you balance how much time you're spending inside and outside of your tribe?
3. What would it take for someone on the outside to get brought into your tribe? Do you have a healthy way to let other people in?

Acceptance = Freedom

1. Who in your life do you consider close? When was the last time you intentionally expressed your acceptance of them?
2. Should acceptance be unconditional? Should you only accept someone based on their action or if they accept you in return? Why?
3. Give an example of when someone judged you by what you did rather than who you are. How did it feel to be judged solely by your actions rather than who you are as a person?

The Power of Love

1. How feasible is it to love your enemies? Is this something you try to live by? Why or why not?
2. "Love keeps no record of wrong." How do you interpret this statement? Do you find yourself holding grudges or constantly pointing out past mistakes?
3. Who is one person today that needs a little more patience or kindness from you? How can you express your love for them through something you do?

Find Where You Belong

1. Do you feel like you have a group of people that you belong to or belong with? Who?
2. Do these people make you feel safe? Do you share the same values and interests?
3. Other than family, how can you form and find belonging with others?

VulnerabilityOvercoming Confrontation

1. Are you allowing internal or external things distract you from making meaningful connections? How can you set your distractions aside in order to build intimacy with others?
2. Have you ever been confronted in a destructive way? How did it make you feel? How could that person have communicated his or her message in a more positive or meaningful way?
3. Think about a relationship in your life that has gone through some rough patches. How can you communicate your feelings in a way that draws you to the other person, rather than pushes them away?

Loyalty & Trust Lead to Vulnerability

1. How can others prove their trust and loyalty to you? How do you know when it is appropriate to share vulnerable things with them?
2. What do your current relationships look like? Are they built on loyalty and trust or are you struggling to make that deep connection?
3. What does it feel like to be vulnerable with someone else? What advice would you give to someone who struggles to be vulnerable with his or her friends?

The Five-Minute Connect

1. What can you learn by looking into someone else's eyes without talking?
2. When was the last time you expressed gratitude or forgiveness for a relationship in your life? How can you begin to share these types of feelings that are often easily forgotten?
3. What are your expectations of the Five-Minute Connect? Are you nervous to do it? Explain your feelings about it.

Excruciating Vulnerability

1. What does it mean to be vulnerable?
2. What are ways you can appropriately "put yourself out there" so people can see that you're real and authentic?
3. What is the benefit of being vulnerable?

How to Handle Shame

1. Have you ever felt shame? What does it feel like?
2. How can you get over shame? How can you learn from it?
3. Have you ever had a friend share a secret of yours? What did you do?

## Safety

### Finding Safety

1. How do other people make you feel safe? How does that feeling allow you to belong and thrive in that relationship?
2. Is there someone in your life that needs a safe haven? How can you be that place for them?
3. How can you make sure you are aware and view people for who they really are? How can you make sure they want to see you succeed and become your best self?

### A Safety Net for Others

1. How do you know you are in a safe place with your friends? What needs to happen in order for you to feel confident sharing your fears, hopes and dreams with them?
2. Are you a safe place for others to be themselves? Do you try to create a place for people to share their secrets and not be judged?
3. How would your friend or family member respond if you told them you want to create a safe space for them? What can you say to let them know that without sounding cheesy?

### Positive Speaking & Reflective Writing

1. Who in your life needs more love, support and safety from you? How can you show this encouragement?
2. How can you be less critical and more positive toward others? How can you have a positive impact on just one person today?
3. Who would you not be the same person without? How have they positively impacted your life?

### Are Your Relationships Safe?

1. What does a safe relationship mean? What does it look like?
2. Do you have safe relationships? Who are they?
3. Why is having safe relationships important for you?

### Finding Safe Leaders

1. Sometimes we are blind to our faults or weaknesses. Do you have people in your life that can positively challenge you? Are you able to handle feedback about your faults or weaknesses?
2. What is your first response to when someone shares something not so great about how they are experiencing you?
3. How can you be more open to constructive criticism? How can you learn from it and whom can you learn from?