



**Discussion Outline**  
**(Speaker/Video)**

*Please complete the following basic discussion worksheet while watching the video or listening to the speaker:*

**A. As you are watching/listening write down at least two or more questions or comments for discussion that come to mind:**

1.

2.

3.

**B. What are a few things that you can identify with in your personal experience based on what you have heard/viewed? (Try to come up with at least one)**

1.

2.

3.

**C. What is one other thing that you may not have mentioned already that you learned that was of particular interest to you? (Any topic)**

**D. How can you use something that was reviewed in this session that can help you to improve motivation or make improvement in your life personally?**