



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?