



## Deep and Personal

This activity is in an icebreaker format, but it may be better for a more established group as the questions require group participants to share their thoughts on some deeper questions and then afterward try to make personal application. Each question starts with discussion on a more philosophical level which should be reviewed first. Afterward, there is a follow up probe (Marked with ✂) which requires more individualized responses based on group members own views, thoughts and experiences. *(Some of the items are based on existing quotes so when applicable the origin of the quote is provided when known)*

**Answer the numbered question first (in any order), then probe deeper with the follow up ✂ below it:**

1. What would you do if you knew you could not fail? *(Not an original quote but exact origin unknown)*
  - ✂ What is the deeper meaning behind this saying and how can you apply it in your life in a practical way?
2. What would you want to know if you could know for sure, one secret of the universe?
  - ✂ How do you imagine you would change your life knowing this information?
3. “Life can only be understood backwards; but it must be lived forwards.” — *Søren Kierkegaard*. – What does this saying mean?
  - ✂ How can you apply this in your own life and experience?
4. What is one thing related to “the big picture” that you think about in quiet introspective moments at night?
  - ✂ When you wake up, what do you do about it and if you aren’t doing anything, what can you start doing?
5. You get to go back in time briefly and talk to yourself at any age – What age “you” do you visit, what do you say and then what do you imagine that your life would be like when you return to the present?
  - ✂ How can you start the process of working toward this life that you want today?
6. You are in an airplane and your parachute is on and ready and the door is open. What do you say to yourself in your head to get yourself to jump (or not to jump)?
  - ✂ How can you apply this to situations in your life today?
7. What is one basic human truth you have discovered in your lifetime?
  - ✂ How does your knowledge of this truth impact your behavior and choices?
8. What is your secret or strange “superpower”? (Something you do unusually well for some reason)
  - ✂ If you don’t have one, how can you find or develop a special skill or talent? – Or, if you do have one, are you using this “power” to its full benefit?
9. He who is untrue to his own cause, cannot command the respect of others– *(Albert Einstein)* – What does this saying mean in your viewpoint?
  - ✂ What “cause” do you need to be “true” to in your own life today?
10. To live the right way in life requires that you are ready to handle that some people will think you are living the wrong way – What does this mean?
  - ✂ How can you apply this personally as you try to improve your own life?



11. Sometimes we say “I don’t care” when we really don’t care but other times we say “I don’t care” because we are afraid or embarrassed to let others know we really do care – Do you agree or disagree and why?

✧ What do you care about that you should be more open and honest with others about?

12. An outward display of courage seen by others can build your reputation and fame, but inward acts of courage go unseen by others yet these build self-confidence, self-esteem and self-respect

✧ What will help you increase your “inner courage” and how can you do this more in your life?

13. Are you afraid of the good you might do? *Victor Hugo*

✧ If you can let go of your fear, what good would you do?

14. The issues we don’t face today can soon turn into barriers along our road to progress in the days ahead

✧ What issues do you need to face in order to remove future barriers and enhance your progress?

15. You can choose to do whatever you want whenever you want to, or you can choose to try to have peace and stability in your life, but it is unlikely you will have them both at the same time

✧ What things do you know that you need to limit or give up in order to increase peace and stability in your life?

16. Which is more important, to be in competition with others or to strive to be better than your past self?

✧ How can you strive to be a better you today?

17. It isn’t the mountains ahead to climb that wear you out; it’s the pebble in your shoe. *Muhammad Ali*

✧ Personally, what mountains do you need to still climb and what pebbles in your shoe may still wear you out?

18. It’s not how well you play the game; it’s deciding what game you want to play. *Kwame Appiah*

✧ When it comes to life, what “game” do you need to play in order to succeed and what game do you want no part of?

