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FORUM

READING GROUP DISCUSSION GUIDE

## ***Find Fulfill Flourish: Discover Your Purpose With LifePath GPS***

### **Reading Group Discussion Guide**

The questions in this discussion guide are intended to help groups and individuals explore the concepts in greater depth and discover ways they might apply to their own lives and to those around them. We have selected one or two main points from each chapter; however, you may also wish to discuss some of the navigational points and the questions at the conclusion of each chapter. Our objective is to make *Find Fulfill Flourish* as helpful and valuable as possible.

#### **Chapter 1 — The Personal Journey to *Find Fulfill Flourish***

The authors state that “at some point in our lives, we come to the realization that we are living a life of meaning and purpose, or we are merely being swept along by the tides around us.”

What are the benefits of living a life of meaning and purpose?

#### **Chapter 2 — The Journey to Find Meaning and Become a “Heartisan”**

The concepts embedded in this chapter are introduced with a passage from *Alice’s Adventures in Wonderland*, in which Alice asks, “Who in the world am I?” Later in the chapter, the concept of a “heartisan” is introduced. The authors describe heartisans as having a sincere commitment to a worthy cause, which may involve improving the lives of others, their community, or the general well-being. How are the two connected?

#### **Chapter 3 — Where to Begin**

The book makes the point that it does not matter where you begin your journey of pursuing a purpose. It can begin with action, an idea, a passion, or inspiration from anywhere. The authors also describe the heart as the connector between purpose and action, because purpose without action has no value. How do you interpret this sentence? How has your heart shown through in your life experiences as a result of purposeful action?

#### **Chapter 4 — Values: You Are What You Value**

The story of Zuhdi Jasser illustrates how the combination of values and the courage of convictions can propel a powerful personal journey. What role do you believe values should play in a person’s life? How are values and the courage of convictions intertwined? What should we do when we discover our actions do not reflect our values?

## Chapter 5 — Inspired Direction: Purpose, Vision, and Action

The authors explain that a personal purpose can be developed by (1) identifying what one cares about and wishes to address; (2) determining what one values; and (3) establishing how one can create meaning and fulfillment for themselves. Why are all three important? What might happen if one or two of these ingredients was missing? Can you see the integration of these three elements anywhere in your life? If so, how?

## Chapter 6 — Spirituality: If You Breathe, You're Spiritual

There are many routes to spirituality, including many religious and nonreligious paths. Organized religion offers philosophical and spiritual guidance for many and can play a vital role. However, each of us expresses our spirituality in our own unique way. The Dalai Lama said, *"There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness."* What does this quote mean to you and do you agree? Why or why not?

Whether you have a religious path or take a more secular approach to life, how do you apply your spirituality?

## Chapter 7 — Relationships: Why You Need Others and Others Need You

Dr. Joshua Haberman said, *"Many of us are locked inside ourselves. We wonder, what is our purpose? What is our reason for existence? We go through life looking for the key to unlock life. And we never find it – because nobody has the key to his own life. We should be looking for it beyond ourselves, because the meaning of our life is disclosed to us only in our relationship to others."* How does this insight connect to discovering one's purpose and living a fulfilling life?

The authors purport that the larger one's vision, the greater need to engage others. Why is this important? What do you believe are the biggest barriers to engaging others and how might they be overcome?

## Chapter 8 — Living Possibilities: Making the Impossible Possible

George Barnard Shaw is quoted as saying, *"The reasonable man adapts himself to the conditions that surround him ... The unreasonable man adapts surrounding conditions to himself ... All progress depends on the unreasonable man."* This is a very strong statement. What point do you feel he is trying to make? What does this have to do with living possibilities and "making the impossible possible"? Have you ever found yourself living out this concept? If so, what advantages and obstacles did you face?

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## **Chapter 9 — Life Leadership: The First Person You Must Lead Is You**

Life leadership refers to the ability to take the initiative to guide your life and undertake activities that work toward achieving your vision, in the process of finding personal fulfillment and meaning. It involves transforming your vision and purpose into reality. Why do you think it's important to lead yourself first? How can life leadership be demonstrated in a local community or organization?

## **Chapter 10 — Choices: Change Your Choices, Change Your Life**

The authors say that our choices largely define who we are and demonstrate our character. They also discuss the impact of moment-to-moment choices and the larger choices that alter the directions of our lives. How do you see these two types of choices as being intertwined? Do you have examples from your own experience?

## **Chapter 11 — Passion to Action to Fruition**

This chapter discussed how external affirmation, intrinsic motivation, and inherent satisfaction are elements in propelling one's journey and reaching a level of personal fulfillment. How have you seen these three principles work in your life? How can they be applied to help others along their paths?

How is "instantism" an obstacle for moving from passion to action to fruition? How can it impede the development of a fulfilling life? How can it be overcome?

## **Chapter 12 — Forward Navigation: Who Am I Becoming?**

What is the value of defining and living one's BIBI (beliefs, intentions, behaviors, and impact) as it relates to living a confident, fulfilling life?

How are BIBI and the Eight Dynamics interwoven in your life?

***Please be sure to share any additional insights or ideas that arise from your discussions. Simply visit the Contact Page at [FindFulfillFlourish.com](http://FindFulfillFlourish.com) and submit your feedback in the comment form.***