

# The Power of Self-awareness

(Discussion Questions)



Meaningful Discussions



When people arrive at your table

- ✓ Ask people to order something so that we can keep up good relations with this restaurant since they are letting us use their space.
- ✓ Ask people to place their food and drink orders **before** the discussion starts so that the discussion won't be interrupted as much.

Once the food and drinks have been ordered let everyone know...

## Our main Intention

- is to provide a **balanced discussion** where everyone has a chance to speak.

## We only have two rules

- respect for everyone at the table, and one person talking at a time (during the facilitated portion).

## Interjecting

- In order to avoid anyone from **dominating** the discussion, just **raise your hand** if you would like to speak. That way, everyone (including the facilitator) knows that you have something to say.

Okay, let's get started!



## \*Around-the-table question:

*People answer the question from left to right ending with the person who asked it.*

First, some warm up questions...

Which of the Food for Thought videos was the most **thought-provoking** to you and why?

*\*Around-the-table question*

Have you ever done a **personality test** and if so did it help you to be more self-aware?

Do you consider yourself an **introvert, extrovert or ambivert** (in the middle)? Explain why you believe this to be so.

... now that we are warmed up...

Describe three of your greatest sources of **strength, pride or confidence**.

*\*Around-the-table question*

What do you believe is one of your greatest **weaknesses** and why?

What are your top five **values or priorities** in your life right now (in any order)?

Describe in only one or two sentences **who you are as a person and what you want** out of life.

*\*Around-the-table question*

... approximately 90 minutes.

Was there a **significant situation or incident** in the past that made you become more self-aware as a result?

What areas about yourself would you like to become **more self-aware** of?

Are there certain **practices** that you do, or **strategies** that you've adopted which help you to know yourself better?

## AFTER 90 MINUTES:

Feel free to stick around as long as you like. If there are multiple tables for this event then you are encouraged to move to other tables to mix and mingle.

Conversations are no longer limited to the topic.