

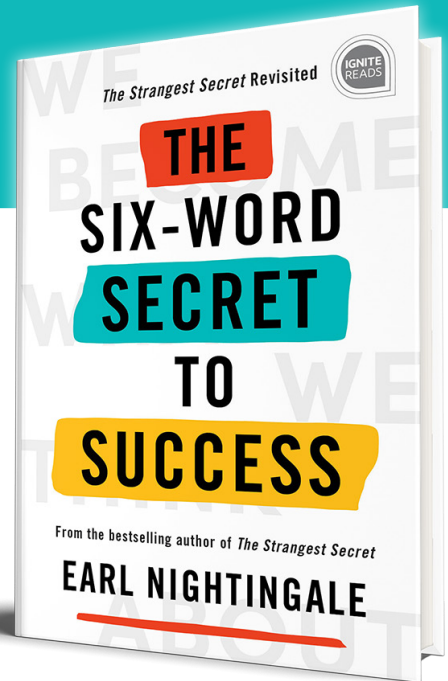
Spark Impact in Just One Hour

Value-Building Experiences  
by SimpleTruths.com

## A Guide for Achievement:

*The Six-Word Secret to Success*  
By Earl Nightingale

Includes printable worksheet for meeting participants  
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## BOOK DISCUSSION QUESTIONS

### Introduction

- What does this quote mean to you: “We become what we think about”?

### 1. A River or a Goal

- Would you consider yourself a River Person (you have a special interest in a particular line or work) or a Goal Person (you are able to do many things with equal facility, interest and enjoyment)? Why do you think this?
- What is a personal goal you currently have? What is a professional goal you currently have? What can you spend your time learning that will help you with your goals?
- Think about your daydreams – are there any common themes that could help you determine which direction you should go?

### 2. Stay With It

- Think about a goal you tried to reach but were unsuccessful – how long did you stay with it? What more could you have done?
- Think about a goal you're currently try to reach. You will face setbacks as you try to achieve this goal – what can you do in the face of these setbacks to keep yourself going?

### 3. Finding a Balance

- Think about a goal that you were successful in achieving. What did you do to make that goal a reality?
- At what are you best? What gives you the most satisfaction?
- Success takes risk. How much are you willing to risk for what you consider a success?

**“We become what we think about.”**

**— EARL NIGHTINGALE**

*Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!*

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