

Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com

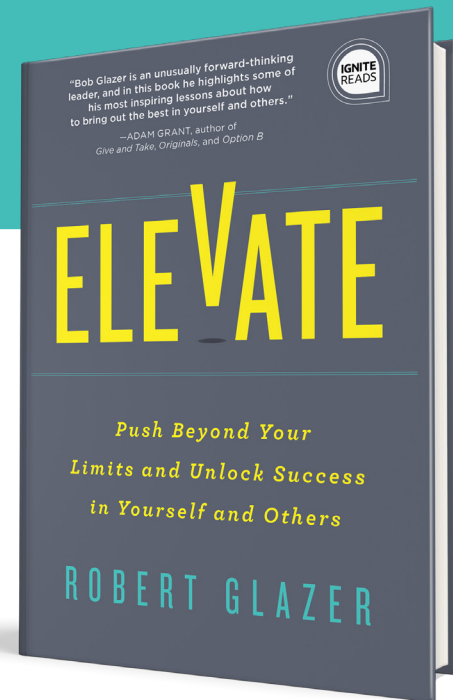
A Guide for Pushing Beyond Your Limits:

Elevate

by Robert Glazer

Includes printable worksheet for meeting participants

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What are your limits? Care to break them?

Prior to your meeting, provide a copy of *Elevate* to each meeting participant and request the participants read the book and come prepared for discussion. The book will also serve as a learning tool and a future resource to reinforce training ideas.

Ask these thought-provoking questions prior to discussing the book:

1. What do you consider to be your current abilities, both personally and professionally?
2. What do you consider to be self-limiting beliefs you have about yourself, both personally and professionally?

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Book Discussion Questions

1. What is Capacity Building?

- Think about projects and goals you have at work. Do you know where you need to invest your energy to make these a success or do you try to do everything without thinking about what actions will bring the best outcomes? Why?
- Review the four capacities below and ask yourself: Which ones do you have a head start on and which ones do you need to start building?
 1. Spiritual – understanding who you are and what you want
 2. Intellectual – improving your ability to think, learn, plan and execute
 3. Physical – health, well-being and physical performance
 4. Emotional – how you react to challenging situations, your emotional mindset and your relationships with others

2. Build Your Spiritual Capacity

- Do you know what your core values are? (core values = the principles most important to you)
 1. If yes, what are they?
 2. If no, think about what makes you happy and in what situations you do well versus what drains you and what situations you struggle in. What themes or words constantly come up?

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- Do you know what your core purpose is? (Core purpose = the direction you want to head in; your “why.”)
 1. If yes, what is it?
 2. If no, try writing down a few paragraphs of your own obituary. How do you want to be remembered?

3. Build Your Intellectual Capacity

- Do you believe your intelligence is static and can't be changed in any meaningful way or do you believe you always have the ability to learn? Why?
- Think about one of your hobbies. Do you take classes, read books, watch videos, etc. to help you improve? Why or why not?
- Think about your career. Do you take classes, read books, watch videos, etc. to help you improve? Why or why not?
- How do you react to feedback, both positive and negative?
- Do you have short-term goals (1-2 years) for yourself personally and professionally? If yes, what are they? If no, try brainstorming some now.
- Do you have long-term goals (3-10 years) for yourself personally and professionally? If yes, what are they? If no, try brainstorming some now.

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4. Build Your Physical Capacity

- Do you get 8 hours of sleep on most nights? Why or why not?
 1. If not, brainstorm ways to keep your sleeping habits consistent.
- Do you take breaks throughout the day? Why or why not?
 1. If not, brainstorm ways to incorporate breaks throughout your day.
- Do you set aside time each day to meditate or relax? Why or why not?
 1. If not, brainstorm ways to set aside five or ten minutes each day to meditate or relax.

5. Build Your Emotional Capacity

- Do you ever try to push yourself out of your comfort zone? If so, how? If not, try brainstorming small ways you can make changes to your daily routine.
- What are the five most important personal relationships in your life?
- What are the five most important professional relationships in your life?
- What are you grateful for?

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6. Build a Better Path

- Reflect on this quote: “Be the person you needed when you were younger.” What thoughts come to mind?

ELEVATE

To inspire change in yourself and others, you must break free from what’s holding you down.

Challenge yourself, and the results will inspire others to rise along with you.

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

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