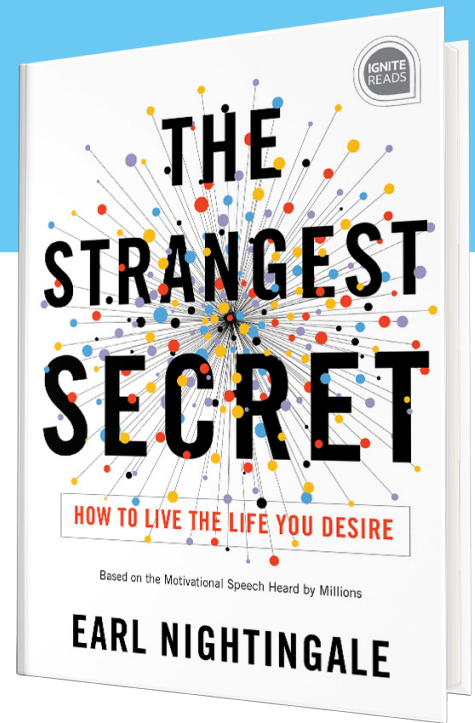


Spark Impact in Just One Hour

Value-Building Experiences
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A Guide for Achieving Your Dreams:

The Strangest Secret
By Earl Nightingale

Includes printable worksheet for meeting participants
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LIVE THE LIFE YOU DESIRE. HOW?

Prior to your meeting, provide a copy of *The Strangest Secret* 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 are goals you have had in the past that you achieved? How did you achieve them?
2. What are goals you have had in the past that you did not achieve? Why did you not achieve them?

BOOK DISCUSSION QUESTIONS

1. What is Success?

- Are there ways that you are currently conforming to society's expectations?
- How has the pressure to conform to another's definition of success prevented you from chasing your own dreams?
- What is your personal definition of success?

2. The Secret Is...

- Think about someone you know who always seems to succeed. What type of mindset or attitude does this person have?
- What do you spend your time thinking about? Are most of your thoughts positive or negative in tone?
- Are your thoughts centered more on your own actions and feelings or on the actions and feelings of others?

3. Believe and Succeed

- How often has fear prevented you from pursuing a goal?
- What negative messages do you find yourself dwelling on?
- Think about something you would like to achieve and define it as a measurable, specific goal.

4. You're in the Driver's Seat

- Do you control your thinking or does your thinking tend to control you?
- Would you describe your life now as "an exciting adventure"? Why or why not?

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- Think about how the law of cause and effect has played out in your own life. What are two examples – one good, one bad?

5. The Price of Success

- What price are you willing to pay for success?
- Think about a goal you would like to achieve. What fears do you think would arise when trying to accomplish it?
- If you need to call on motivation and inspiration to help with a goal, what book do you look to for help? (Or, is there a book you'd like to read?)

6. Start Today

- In what ways can you be of more service to others in your workplace? Family? Community?
- Visualize and write down a clear description the person you want to become.

The Strangest Secret will inspire you to truly understand how to get from where you are to where you want to be.

All you need is a plan, a roadmap, and the courage to press on to your destination.

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

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