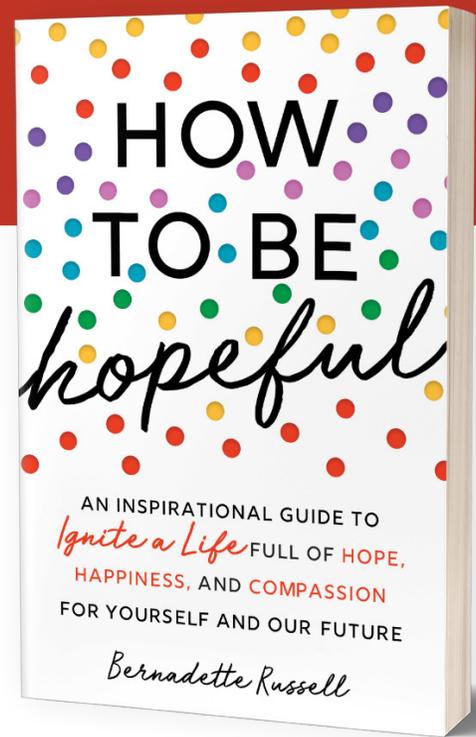


Spark Impact in Just One Hour

Value-Building Experiences
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Discussion Guide:

How To Be Hopeful

By Bernadette Russell

Includes printable worksheet for meeting participants
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BOOK DISCUSSION QUESTIONS

Chapter One

- Do you find beauty a comfort in your daily life—and if so, how?
- Where do you find beauty?
- What effect does noticing the beauty around you have on your mood?
- What would you love your life to look like and be like in one year, five years, ten years' time?
- What small steps could you identify right now which might help move you in that direction? If you need help—who might be able to help you?

Chapter Two

- Share one happy memory from your childhood—it could be the smallest and simplest moment.
- Consider what about that moment made you happy?

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- Allow yourself to enjoy and enjoy sharing that happy memory—ask yourself how does sharing it make you feel now?
- Is there anything you can learn from that memory that might make you happier now?
- Consider one positive thing that happened today and share the story of it. Give as many details as you can and notice how you feel as you are sharing it and notice how people respond to your story.
- Was it hard to find something positive (its ok if it was)?
- How did speaking that positive experience aloud, however hard, make you feel?

Chapter Three

- Who are your helpers? Draw around your left hand and for each digit write the name of someone who could help you—someone you could turn to if you need a loan, someone with tech support, someone who makes you laugh etc.
- Who are your inspirers? Draw around your right hand and choose one inspiring person for each digit.
- What do you have to look forward to—today tomorrow, next week?
- How does focusing on the things you have to look forward to make you feel?
- If you don't feel you have anything to look forward to—is there anything you can do to change that for yourself?

Chapter Four

- Allow yourself to consider how you would like to be remembered?
- Spend five minutes writing a eulogy for yourself—imaging you had achieved everything

you want to—and allow yourself to have fun. You can share these with the group if that feels ok.

- Do you feel you are doing the things you would like to do to as you mentioned in your eulogy?
- What do you need to do more of (or less of) to have the life you want?

Chapter Five

- Have you ever had a pleasantly surprising interaction with a total stranger? Share the story with the group.
- How did that experience make you feel?
- What effect do you think acts of kindness have on the giver and the receiver?
- Does an understanding the science behind acts of kindness encourage you to do more?
- What might be a fun no cost or low-cost act of kindness you could try in the next 24 hours?

Chapter Six

- How does the news make you feel?
- Do you think a more solutions focused news agenda would be beneficial? If so how and why?
- What news is especially worrying to you at present?
- Where can you find the hope to combat the worry?

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Chapter Seven

- If you could change one thing about the world as it is—what would that be?
- What could you do right now to move in that direction?
- Which historical figure who has made positive change in the world do you most admire?
- If you could thank them right now, what would you say?

Chapter Eight

- Climate change presents us with a bleak view of the future—what kind of future would you prefer to see for the world?
- How can we achieve this together?
- What small thing might you do to contribute to this positive change?

Chapter Nine

- Scientific inventions and technical innovations are amongst those things which can inspire hope—which inventions or innovations which already exist give you hope?
- What do we need science and tech to do to ensure the future is a better place for people and planet?
- What would you invent if you could invent anything? Dare to dream big!

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

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