



Vocation: Finding Meaning in Your Life ~ Questions for Reflection

The Bonner Community Engagement Curriculum

BWBRS Description: *Bonner Curriculum workshop leads participants through a series of questions meant to inspire reflection and personal growth.*

Overview: By following select discussions questions generated by "Essential Spirituality," participants are led through a conversation that will inspire reflection and personal growth. Questions are focused around helping participants identify and understand their goals in an effort to equip them to pursue them.

Category: Personal reflection; personal growth; vocational development

Level: Moderate to advanced



Recommended

Bonner Sequence: This workshop could be used at any time during the Bonner experience, but may be most suitable during junior and senior years due to the level of maturity and reflection required for a successful workshop.

Learning Outcomes:

- Participants will learn how to think more critically about themselves and their vocational goals.
- Participants will learn how to visualize goals.
- Participants will learn to actively listen to their peers

Materials:

- Printed out handouts of the discussion questions for each participant.
- Pens/pencils

How to Prepare:

To prepare for this workshop, prepare to distribute handouts and pens/pencils. Be familiar with the discussion questions, and make sure you're ready to create an environment of calm reflection and respectful listening.

Brief Outline:

This 1-hour workshop has the following parts:

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|------------------|---------------------------|
| 1) Introduction | Suggested time: 5 minutes |
| 2) Questions 1-3 | suggested time 15 minutes |
| 3) Questions 4-6 | suggested time 15 minutes |
| 4) Questions 7-9 | suggested time 20 minutes |
| 5) Wrap Up | suggested time 5 minutes |

Part 1) Introduction

Suggested time: 5 minutes

Introduce the workshop by explaining that participants will be asked to work through a series of 9 questions meant to inspire personal reflection and growth. Explain that participants should feel comfortable and able to share as much or as little as they choose.

When everyone understands these basic ground rules, have participants pair off and find quite space somewhere in the room or in the hall to discuss their first three questions.

Part 2) Question 1-3

Suggested time: 15 minutes

Have participants read each question aloud. Then, invite one member of the pair to begin discussing their answer while the other person listens attentively. When one participant is finished with their response, have the other share their thoughts while the first listens attentively.

Part 3) Questions 4-6

Suggested time: 15 minutes

Have participants find a new partner to work through Questions 4-6.

Part 4) Questions 7-9

Suggested time: 20 minutes

Have participants find a new partner to work through Questions 7-9.

Part 5) Wrap Up

Suggested time: 5 minutes

Ask participants to give you feedback - How did their discussions go? Did they feel like they had productive conversations? Encourage students to remember what they discussed, and to write down some of the main points they covered to be remembered later.

Discussion Questions

From Essential Spirituality by Roger Walsh, M.D., Ph.D.:

Questions 1-3

What is really important in your life?

What really matters?

What would you be better off doing more of?

Questions 4-6

What would you be better off doing less of?

Of all the things that you have done, what makes you most happy?

Of all the things that you have done, what makes you most satisfied?

Questions 7-9

What is the most valuable thing you have learned?

What is the best thing you have done to help other people?

What are your most satisfying relationships like?