

E013 Changing Direction — Discussion Questions

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Episode: E013 — Changing Direction

For: Tea Sippers community, group study, workshop use

Opening Questions

1. Have you ever packed away a dream? What did that feel like?
2. What's the difference between "giving up" and "changing direction"? How do you know which one you're doing?

Core Discussion

3. Karen says "Sometimes we spend years believing something was a mistake when it was actually an apprenticeship." What "failed" project in your life might have actually been training you for something else?
4. "Not everything we create has to become a business." Do you feel pressure to monetize your joy? Where does that pressure come from?
5. Karen's grandsons learned emotional release through play. How could play help adults process difficult emotions?
6. "Walls aren't always there to stop you. Sometimes they're there to make you look in another direction." What wall in your life might be a redirection?

Deeper Reflection

7. Is there a dream in boxes somewhere in your life that might be waiting for a different season? What would need to change for that season to arrive?
8. Karen mentions measuring everything by productivity. Where in your life have you forgotten that joy is enough?

Closing

9. What is one thing you could give yourself permission to pause (not quit, just pause) today?
10. What skill did a "failure" teach you that you're grateful for now?

Airtable Table: Assets

Asset Type: Discussion Questions

Linked Episode: E013

Status: Complete