

Resilience + Perseverance Discussion Questions

Lola Wright – *Your Purpose is Your Protest*

- What resonated with you from Lola's Talk?
- Has there been a moment in your life when you have felt connected to your purpose? If so, what was happening?
- In what ways have you seen or heard about others living their purpose?
- How can we support or create a more purposeful community?
- When you consider "a life well-lived," what contribution does that include from you?
- How are you staying connected to your heart and your world?

Luvvie Ajayi Jones – *Get Comfortable with Being Uncomfortable*

- In what ways are you sitting on the edge of the plane? In what ways are you a domino?
- When have you had to speak truth to power by looking in the mirror and interrogating yourself? How have you been able to do this process and then heal?
- When have you had to speak truth to power to uphold a core value or effect change?
- Are there ways in which fear has kept you from doing or saying things that are aligned with your purpose? What was the specific fear?

Özlem Cekic – *Why I Have Coffee with People who Send Me Hate Mail*

- How did watching the video make you feel?
- Do you think what the speaker did is worthy?
- How can we build bridges with people we don't agree with in our own lives, in a safe way?
- Did this make you reflect on ways you may be demonizing others with different views?
- Do you agree with the speaker that "conversation is the most difficult thing in a democracy and also the most important?" Why?
- Have you ever attempted a difficult conversation like this? Would you do so again?