

Discussion Starters/ Reflection Ideas/ Activities

- List changes you would like to make. Then write a dialogue with a change trying to make its way into your life. Find out what it wants and express your reaction to the possibilities it offers you.
- To open your discussion of this spiritual practice, point out that courage means it is possible to do a "new thing." What would that be for you?
- Share the story of an experience of courage, one that allowed you to feel like a different person. It might be an encounter with a person, a story, or a work of art; an occasion of intense joy, sorrow, or pain; or a time when you faced an illness or another challenge that resulted in your making changes in your life.

