

# Discussion Questions

## Week 1

1. Have you lost someone in your life that you wish you had spent more time with? What are some reasons that you didn't spend more time with them prior to their passing?
2. With whom do you spend the most time, currently? Would you qualify your time as meaningful and productive or distracted and shallow?
3. Who is one person who shared their life with you? (coach, mentor, teacher, family member...who poured into you)
4. Discuss how technology can be used to deepen relationships? Have has technology kept you from deeper relationships?
5. At your specific age/stage of life, how can you share your life with others (kids, spouse, friends)?
6. What are some things that you currently do alone (that pull you from relationship) that you could do with others?