



**30,000 Days Discussion Questions**  
**Ages 15-18**

1. The film asks what you want to do in your 30,000 days. What are three things you want to do in your life?
  
2. The film talks about your unique special sauce: the character strengths that make you you, the qualities you value (like creativity and bravery) + the thing you care most about (like the environment, or equality). Write some formulas for your special sauce here:

\_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_  
 Your strengths                      What you care most about                      Name your "special sauce"

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3. How might that special sauce help lead to the things you want to do in life?
  
4. An “axial age” is a time when new ideas replace old ideas that no longer work. What new ideas do you think are emerging these days? What old ideas are do you think going?
  
5. Axial ages can be challenging times. If we are on the verge of a new axial age, how can we step up as the ancients did?
  
6. The film talks discusses character education in schools -- how it used to be common, became rare, and is coming back again. Have you had any character education in school? Do you think it should change?
  
7. Why do you think people with purpose live longer? Why are they healthier?
  
8. Tough one: What do you think the world is asking of us today? And what do *you* think the world is asking of *you*?

Look at the image below for your character strengths -- the things that make you you, the qualities that you value.



Look at the image below to inspire the things you care about.

