

30,000 Days Discussion Questions Ages 8-10

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). Using the images on the next page, write a formula for your special sauce here:

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

3. How might that special sauce help lead to the things you want to do in life?

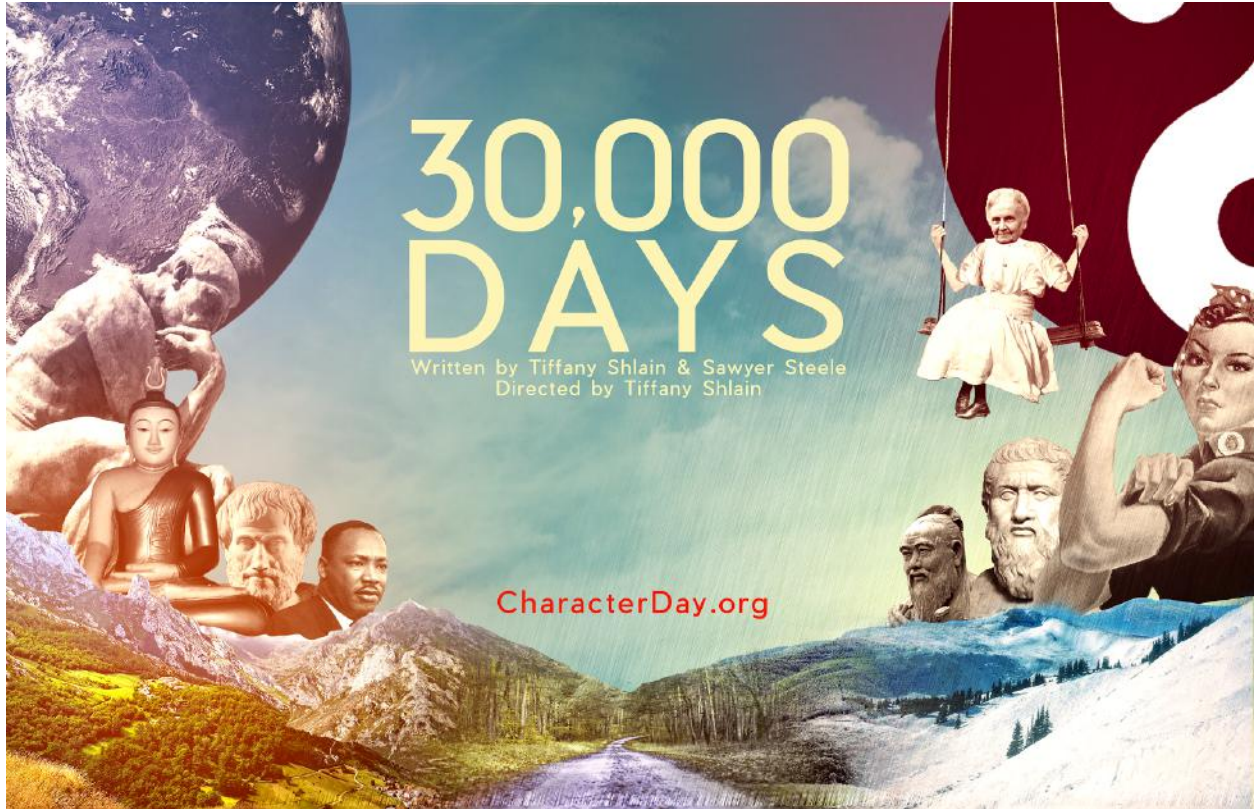
4. The film talks about teaching character in school. What have you learned about character in your school?

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.





30,000 Days Discussion Questions

Ages 11-14

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"

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

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?

7. Why do you think people who have a sense of purpose live longer?

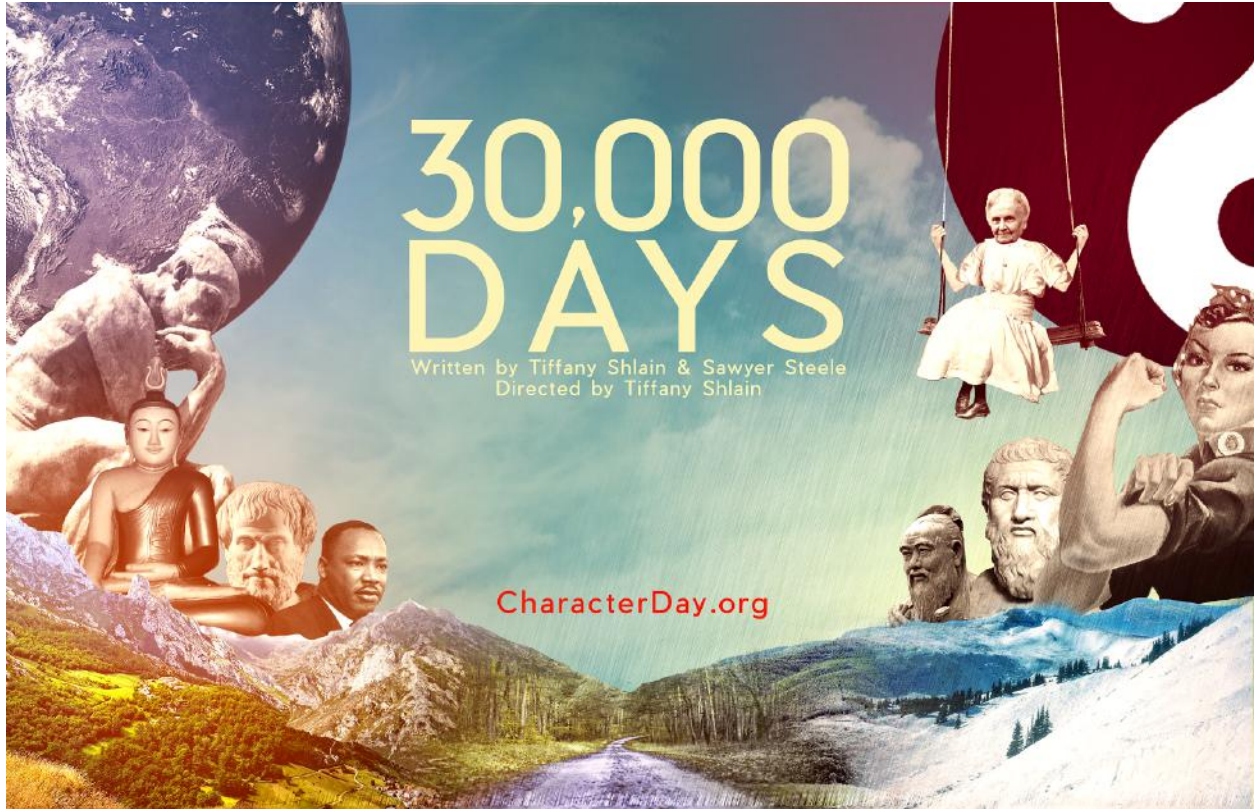
8. The film talks about the history of character education in schools -- how it used to be common, became rare, and is coming back again. Have you had any character education in school? Do you think there should be more of it?

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.





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"

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

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?

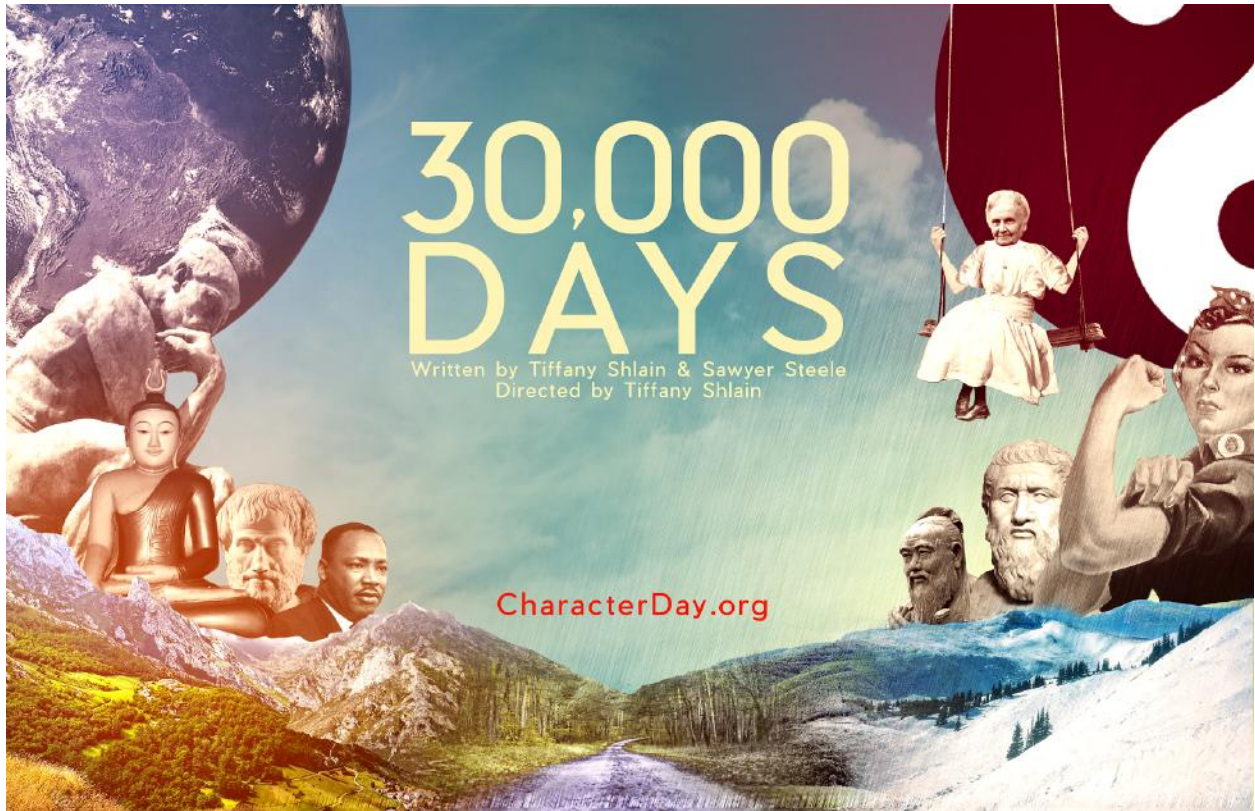
8. Tough one: What do you think the world is asking of us today? And what do *you* think the world is asking of *you*?

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.





30,000 Days Discussion Questions

Ages 19-99+

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 a sense of purpose coming from combining your unique special sauce -- the character strengths that make you you, the qualities you value (like perspective and social responsibility) + the things in the world you care most about (gender equity, family, environment). Write some formulas about your sense of purpose.

_____ + _____ = _____
 Your strengths What you care most about Your sense of purpose

_____ + _____ = _____
 Your strengths What you care most about Your sense of Purpose

3. Have your strengths and/or the issues you care about shifted over time? How so? Has what gives you a sense of meaning or purpose shifted over time? How?

4. The film talks about an “axial age,” a time when new ideas are needed to replace the old ones that no longer work. Do you think we’re on the verge of a new axial age? What old ideas are going? What new ideas are coming?

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. What was your experience?

7. Do you think character strengths are universal? For instance, does “bravery” mean the same thing everywhere and to everyone?

8. Why do you think people with purpose live longer?

9. Tough one: What do you think the world is asking of us today? And what do *you* think the world is asking of *you*?

10. 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.



