



Celebrate! Change Your Lens, Change Your Life with Dewitt Jones

# *Group Discussion Questions*

These questions are best used in a group setting to help participants discuss and process what they have learned from the program. They can also be used for independent learning.



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## Tips on Use

We believe learning is a process. We often do not require people to apply a concept before they have internalized the idea.

If you create an opportunity where people can learn about a concept and internalize why it matters, you will greatly improve the probability that people will take ownership in the solutions.

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These questions are intended to be used in a group setting after viewing the program **Celebrate! Change Your Lens, Change Your Life**.

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**Within each concept, the questions are broken down into three sections:**

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- **Review Questions**
- **Comprehension Questions**
- **Application Questions**

The goal of utilizing these questions is to create dialog and discussion. They will make it easier for you to create progressive learning.

In order to develop a successful training session, we recommend that you select questions prior to the training and choose approximately the same number of questions from each section.

Remember that participants may be hesitant to commence discussion. Be willing to offer your own answers and thoughts to get the conversation started. Remind participants that there are no wrong answers.



## General Questions

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### Review Questions:

- What is your overall impression of the program?
- What was your favorite story?
- What lesson most moved you?
- What ideas were most memorable?
- What three concepts do you remember best from the program?
- What stories do you recall from the program?

### Comprehension Questions:

- Do you feel drawn to practice any of the concepts currently?
- Why did you find the program/concept/story memorable?
  - Why did that lesson impact you?
  - If you practiced that concept/story in your work life, how would your behaviors/actions be different?
- What lessons did you most relate to? Why?
- Are any of the concepts difficult for you to internalize? Why?
- Do you believe in the idea that you can change your perspective? Why or why not?
- Do you believe we have the power to choose how we want to live in the world? Why or why not?

### Application Questions:

- What is the most challenging part of trying to see the world through a different perspective? Why? What are three ways you can achieve this?
- Are the concepts from the program applicable both in your work life and in your personal life? Would one be easier than the other? Please explain.
- What is your biggest take-away from viewing the program? How can you incorporate that idea into your daily activities?



## Celebrate What's Right

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### Review Questions:

- What does Dewitt say about raw experience? What does he mean by this, and do you agree or disagree?
- What makes our experiences meaningful?
- Do you believe that there is more right in the world than wrong? Please discuss.

### Comprehension Questions:

- Can you think of a time when you realized the meaning of an experience after the fact? Please elaborate.
- Is it possible to learn from everything you do? Even the small things?
- Do you think that celebrating what's right all the time is unrealistic? If so, can you find a middle ground?
- What does it mean to you to live a life of possibilities?

### Application Questions:

- How do you show gratitude? What are some ways you can do this more frequently?
- Can you remember the last time someone was grateful for something you did or said? How did this make you feel?
- Everyone has times when they feel overwhelmed or down. When this happens, how can you try to celebrate what's right instead of wallowing in what's wrong?
- Celebrate! explores an attitude of abundance and possibility. What are ways we can do this at work? Discover at least five.
- How can we celebrate what's right more at work? At home?



## Don't Prove, Improve

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### Review Questions:

- What does Dewitt mean by being the best you can be? Is this possible? Please discuss.
- How did Dewitt learn about the “don’t prove, improve” philosophy? What does this mean to you?
- What does Dewitt say about cooperation vs. competition?

### Comprehension Questions:

- In your opinion, do you think there is more value to sharing information or keeping it to yourself? Please give examples.
- Do you understand the difference between proving yourself and improving yourself? Which do you try to do more frequently?
- Do you try to prove yourself everyday at work or at home?

### Application Questions:

- In your organization, do people tend to share new and valuable information or keep it to themselves? Why? What are ways to improve cooperation?
- Do you consider yourself a competitive person? How can you cooperate and still stay competitive?
- How does your team grow and succeed? Can utilizing the “don’t prove, improve” mentality help with this? Identify at least five ways people can practice this lesson.



## Change Your Lens, Change Your Life

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### Review Questions:

- In the program, Dewitt explains that he likes to shoot the same thing over and over – in this case waves. Why does he do this?
- What is the metaphor that Dewitt uses for discovering possibilities?
- What does changing your lens mean?

### Comprehension Questions:

- Do you believe that there are a multitude of possibilities and answers to our problems and challenges? Why or why not?
- Can you think of a time when you had to change your perspective to solve a problem? What happened?
- When Dewitt says, “There’re just too many right answers,” what does this mean to you?

### Application Questions:

- How can you employ an attitude of changing your lens and seeking out new experiences at work? How might this help your team and your organization?
- How is changing your perspective valuable in your work life? What about in your personal life?
- Do you consider yourself open to possibilities or prefer to stick with one right answer? Please elaborate.
- Part of changing your lens is seeking out new experiences and new ideas. How can you go about doing this?



## Think Blend, Not Balance

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### Review Questions:

- What is the difference between finding the right balance and finding the right blend?
- Why does Dewitt state that the right blend is far more stable than the right balance?

### Comprehension Questions:

- Dewitt notes that a blend is like a “both/and” perspective, whereas balance is like an “either/or” perspective. Why is this important? Which perspective do you generally prefer?
- When you think balance, what things come to mind? How are they similar?
- When you think blend, what things come to mind? How are they similar?
- Why might it be more difficult to find the right blend?
- What area do you have the most difficult time blending?  
How can you take steps to help this?

### Application Questions:

- Is it possible to find the right blend in your life and still be successful in many different arenas?
- How do you feel when you have the right blend? How do you feel when you don't? What can you do to ensure your life is the best blend it can be at all times?



## Learn to Soar

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### Review Questions:

- What does riding the thermals mean?
- What lesson was nature trying to teach Dewitt with the frigate birds?
- What edge is Dewitt trying to find in this section?

### Comprehension Questions:

- Dewitt states that in each of our lives, there is an edge between success and significance. What does this mean? Do you agree? Why or why not?
- In the program, we learn that frigate birds don't flap their wings to move higher, they ride the thermals. How is this relevant to our life and work?
- Create a list of people who are the best in the world, and another list of people who are the best for the world. How are they similar? Different?
- How can knowing yourself and your craft help you create success?

### Application Questions:

- What "next level" are you working to achieve? How can you get there?
- How can you move past struggling to achieve, and instead learn how to soar?
- What does it mean to be the "best for the world?" How can you try to be the best for the world? Do you do this already? Please discuss.



## Dare to Dance

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### Review Questions:

- What does *Aloha* mean?
- What does hula mean to the auntie Dewitt talks about in the program?
- How do you “dare to dance?”

### Comprehension Questions:

- What does, “I never ask, ‘how do I fix what’s wrong, I simply say to myself how can I make this better’” mean?
- *Aloha* means “the presence of breath” or “the breath of life.” What does this mean to you?
- The program talks about making situations better instead of asking how to fix it. Can you do this? What is the difference between the two?
- Why is it important to love yourself first, and then spread it to others? Is this easy to do? Why or why not?
- When Dewitt is speaking about making things better, he is talking about focusing on what we can control. What are examples of being so focused on a problem, we didn’t explore ways to make it better.

### Application Questions:

- *Aloha* is a way of treating each other with respect. How can you generate more of this with those around you, both at work and at home?
- What would you consider your “dance?” How do you live your own vision?
- What are ways we can improve our ability to focus on what we can control?
- For the auntie in the program, hula is more than a dance; it’s an entire way of life. What about you? Is there anything that you would consider your way of life? Are there any words or ideas that you live by? Do you share it with others?



## Be Like a Sunset

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### Review Questions:

- In general, what does Dewitt mean when he says to be like a sunset?
- What might get in the way of being like a sunset?

### Comprehension Questions:

- In this section of the program, Dewitt notes that a sunset doesn't wait for recognition. It just does its best everyday. What does this mean?
- Why do you feel people want to be recognized? Is there anything wrong with this?
- Do you crave recognition? Do you offer recognition to others? Can you do your best without recognition? Please discuss.
- How does fear play into our need to be recognized?
- Is it possible to find a blend between being recognized, and doing your best everyday without thinking about whether or not it was received?

### Application Questions:

- What steps can you take to make your life more like a sunset? How can you arrive or be comfortable with this new perspective?
- How can we make it easier for others to be like a sunset?
- After viewing this program, do you plan to make an effort to recognize people for their work more often? If so, how can you make this happen?

