

DISCUSSION QUESTIONS

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The First Year Experience: Getting Off On The Right Foot (Even If You Don't Have One!)

1. Steps: Am I breaking down my big goals into a series of smaller, more easily attainable goals?
2. Circumstances: Am I allowing the circumstances that are beyond my control to dictate my life, or am I taking control of my circumstances and molding them to my liking?
3. Optimism: Are there times when I can look at things more positively, and extract some positives from a perceived negative situation? Am I proceeding with confidence?
4. Risk: When opportunities present themselves, am I stepping outside my comfort zone, and attempting to seize them, or am just content with the “status quo”?
5. Experience: Do you feel like you are truly appreciating what is happening in your life right now? Can you find ways of putting less effort into worrying about what the future holds, and more on experiencing the here and now?