



Open Discussion Questions

Topic: Personal Development

Level: Advanced

Date: Aban 27th

1. **How clear are you about where you are going in life?** Do you know what you want from life? Do you know where you are going in life? Do you have any plans to get to where you want to go?
2. **How competent are you in the things you do in life?** Do you do just enough in your work to get by? Do you have mastery over the different areas of your life and work? Do you need to learn more to become more competent?
3. **How confident are you as a person?** How confident are you in general? How confident do you feel within yourself in new surroundings? How confident do you feel speaking up?
4. **How open are you to asking for help in your life?** Can you ask for help, when needed, or do you tend to struggle along?
5. **How expressive are you about your thoughts, feelings and life plans?** Can you express your thoughts and feelings to others when required or do you keep everything inside?
6. **How open are you when it comes to trying new things in life?** Are you able to try new things without fear of embarrassment? Do you try new things?
7. **How true to your beliefs and values do you live your life?** Do you live your life according to your beliefs and values or do you stray from them when things get a little tough? Do you listen to others first before putting your own values first?
8. **How much control do you have over your own emotions?** Can you control your anger? Can you show your emotions appropriately? Do you think irrationally a lot?

