**PURPOSE Exercise No. 3: Personal Stories of Enlightenment and Purpose**

**Introduction:** Have you ever had an “aha” moment that changed your life? Maybe you’ve experienced several “enlightened” moments. Can you remember one or more times in your life where you found meaning in helping someone else reach their goals?

This discussion group will give participants the opportunity to each share a) an “aha” moment in their life or b) a story where they helped change someone’s life for the better. These reflections do no have to be about something huge. You may not have saved someone’s life, but we’re pretty sure you made a significant impact.

**To Begin:** Allow each participant the opportunity to take a few minutes (please limit it to no more than five minutes) to tell his or her story. Ask participants to refrain from commenting until everyone has had a chance to speak, though it is appropriate for the group to thank the person or applaud.

Once everyone has spoken (who would like to), follow up with a brief discussion

**Discussion Questions:**

1. *Was there a story that particularly inspired or moved you?*
2. *Which story or stories could you relate to the most?*
3. *Did you hear anything mentioned that you could apply to your own life?*

**A Few Guidelines:** Remember, participants should never criticize or give advice. All comments should provide positive feedback.