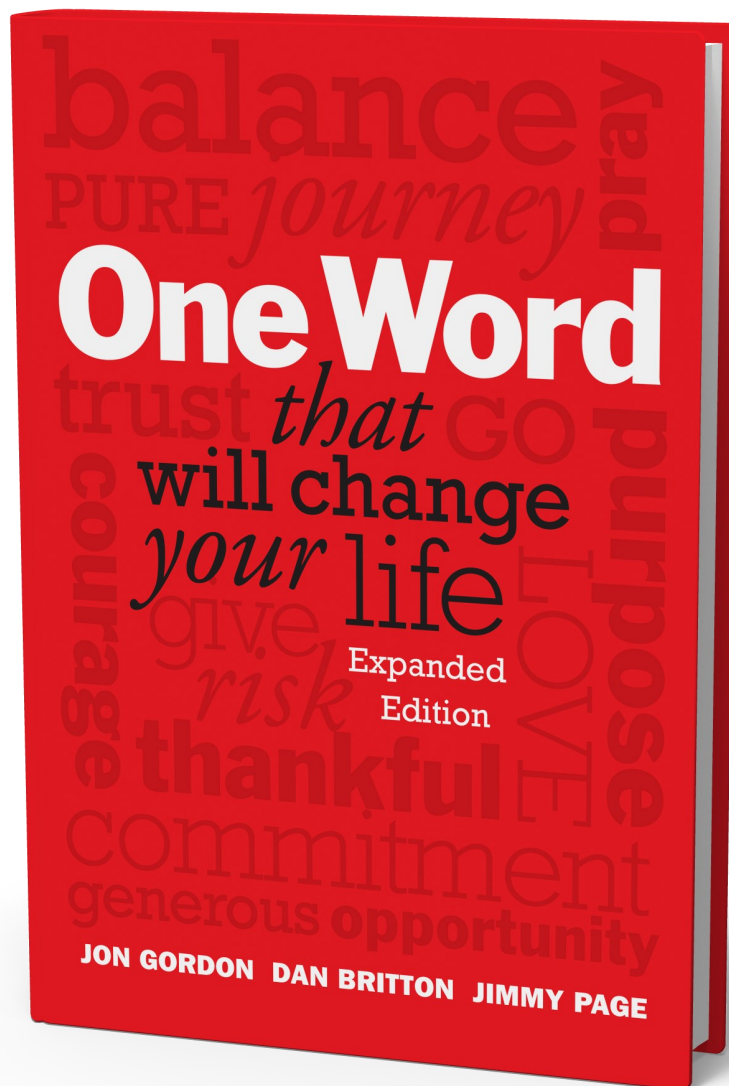


*One Word that Will Change Your Life*

# DISCUSSION GUIDE



[www.GetOneWord.com](http://www.GetOneWord.com)

# One Word

*that will change your life*

## INTRODUCTION

This discussion guide can be used with your company's leadership team, sports team, small group, family or just with another person. There are five sessions for you to utilize. You could do one each week or one each day. Please adapt this guide to fit the needs of your group. Enjoy.

Session 1: One Word Impact

Session 2: The Silent Killer

Session 3: Power In The Process

Session 4: One Word In Action

Session 5: One Word Legacy

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## SESSION 1

### One Word Impact

*Have all participants read the entire book before beginning Session 1.  
Discuss a few or all of the following questions.*

- How did you feel after reading this book?
- What part of the book resonated the most with you?
- How have you approached the New Year in the past? If you set resolutions, were you successful? Why or why not?
- If you have discovered your *One Word*, share it with the group and share the 'why' behind the word.
- How can your *One Word* change the way you live each day?
- How can your *One Word* help you change who you are and not just what you do?

#### **The Big Questions:**

In what ways do you believe *One Word* will make an impact in your life? How might it impact the lives around you? Are you willing to trust the *One Word* concept and make it a part of your life? What's the first thing you will do to incorporate it into your day?

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## SESSION 2

### The Silent Killer

*Have someone read pages 26-28 aloud. Discuss the following questions.*

- We *drift* toward complexity but *drive* toward simplicity. Why is it so hard to simplify life? What makes life so complex?
- Why are most people today busy? As you think about your life what causes the most stress to your schedule?
- It's been said that busyness makes us stop caring about the things we care about. Why would you agree or disagree with that statement?
- How can *One Word* move us from busyness to purposeful action?
- Urgent things scream and important things whisper. What are the things that are screaming in your life?
- How can *One Word* give you an ear to hear the whisper?
- We say that activity does not equal achievement. In what ways would you agree with that statement?
- How can narrowing the focus produce extraordinary results?
- Do you believe *One Word* can bring mission and meaning to your life? Purpose and passion? In what ways?

#### **The Big Questions:**

Can you envision a better life by living your *One Word*? What's one thing you can do to experience renewed mission and meaning in your life?

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## SESSION 3

### Power in the Process

*Have someone read pages 20-23 aloud. Discuss the following questions.*

- Curly was a cowboy, but he was a scholar when it came to common sense. Curly challenged Mitch to figure out the one thing. Why does narrowing the focus create clarity and power?
- How have you *Looked In* and prepared your heart? What ways did you unplug to intentionally find solitude and silence? Describe how you felt without noise and clutter.
- On your journey to becoming the best you can be what do you need? What's in your way? What needs to go?
- When you *Looked Up*, what ways did you plug in to receive not just a good word but also a God word?
- Jon, Jimmy and Dan received their words differently. How was your *One Word* confirmed to you? What was it like for you?
- *Looking Out* is the fun part. How do you anticipate your One Word will stretch you outside your comfort zone?
- How have you incorporated ways to keep your *One Word* front and center? Review pages 49-50 to be reminded of examples.

#### **The Big Questions:**

What ways can you share your *One Word* with others? How do you see *One Word* revolutionizing your everyday life?

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## SESSION 4

### One Word in Action

*Have someone read pages 55-58 aloud. Discuss the following questions.*

- We share on pages 16-18 that *One Word* works in all six dimensions of life: Spiritual, Physical, Emotional, Relational, Mental and Financial. How is your *One Word* shaping you in these dimensions? Share one main area that your *One Word* has made an impact.
- Have you developed a Stretch Team? Who is on it? How have you or how can you benefit from it?
- How can you encourage others with their *One Word*? Give specific examples.
- Give an example of how your *One Word* is impacting your family, business, or team?
- The goal isn't to conquer your word or master your word but rather experience your word. Give an example of how your *One Word* is already at work.
- What has the potential of getting in the way and preventing you from getting the most out of your *One Word*?
- What is one practical way that you can make sure you get the most out of your *One Word* journey?

#### **The Big Questions:**

How can you extend the *One Word* experience throughout the year? What is one thing you can do today to maximize your *One Word*?

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## SESSION 5

### One Word Legacy

*Have someone read pages 80-81 aloud. Discuss the following questions.*

- You know what you do today determines who you become tomorrow. When you 'begin with the end in mind', what kind of difference do you want to make in the lives of others?
- How would you define legacy?
- Why is legacy so important?
- Who do you know that has left a lasting legacy and the mark of significant impact? Share how you believe they have made a difference.
- What kind of legacy do you want to leave? What do you want others to say about you when you're gone?

#### **The Big Questions:**

As you begin with the end in mind, think of ways that this year's *One Word* might become part of your legacy...part of your life's story. What are three things you hope others will say about you when this year's *One Word* journey is over?

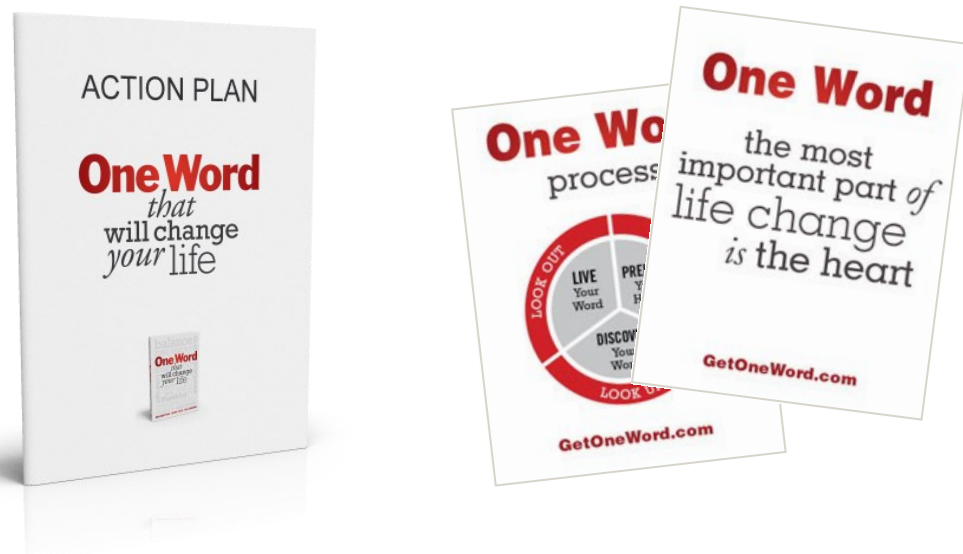


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