

CRITICAL THINKING PURPOSE

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **MIKE STARTS THIS EPISODE BY REFLECTING ON HOW AND WHY SO MANY PEOPLE TALK ABOUT HOW BUSY THEY ARE.**

Think about what a typical busy day for you looks like. At the end of your day, do you feel a sense of accomplishment or purpose? Why or why not?

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2. **MIKE BELIEVES THAT THE MONOTONY OF OUR DAILY ROUTINES AND HABITS CAN HINDER US FROM LIVING WITH A SENSE OF PURPOSE.**

What do you think he means by this? Can you think of a person you know that lives with a sense of intentionality or purpose? If yes, what makes you think of them this way?

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3. **THINK THROUGH YOUR DAY-TO-DAY ROUTINE AND YOUR DAILY HABITS.**

How can you make a daily habit of yours more meaningful or purposeful?

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4. **MIKE SAYS THAT LIVING WITH PURPOSE STARTS BY FOCUSING ON YOUR MIND, BODY, SOUL, AND HOW TO BE MORE GRATEFUL TO THOSE AROUND YOU.**

Name one way you can improve in each of these areas.

Which would be the easiest for you to improve? Which would be the most difficult?

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5. **AT THE END OF THE EPISODE, MIKE SHARES HIS FAVORITE QUOTE FROM PRESIDENT JOHN F. KENNEDY: "AS WE EXPRESS OUR GRATITUDE, THE HIGHEST FORM OF APPRECIATION IS NOT JUST TO UTTER THE WORDS, BUT TO LIVE BY THEM."**

List a few examples of how you can show your gratitude to someone beyond just telling them.

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