

Session 1 – January 7, 2017 Session Summary

Vadivu created excellent questions for group dialogue to be used in future SLLC[®] meetings:

1. What do you celebrate and give thanks for?
2. What has inspired/touched you? (Could be anything...something you read/watched/listened to or someone's actions)
3. When was your service to others most impactful and fulfilling to you? Share the story.
4. When were you at your best? What enabled this? What strengths do you appreciate in yourself? Who do you appreciate? How can you thank them in a meaningful way?
5. What was painful or difficult? What gifts of learning/growth/healing/wisdom did it bring?
6. What lessons have you learned? How have you grown?
7. Bring objects/photos which have emotional resonance with you, to illustrate any of the above.
8. You could do an inspirational card pick during or at the end of the session. Examples of cards include the Virtues Cards and Note to Self. How did the card speak to you?



Vadivu with a scarf she made, guided by Khushiram, a fifth-generation block printing artisan from India. Credit: Matter, a socially motivated brand

