

## **SESSION 3**

Thanks for being a part of this journey. I hope you had some time to think about your story.

This session the question is, *Who am I*? The big idea is *discovery leads to recovery*.

I lived too many years of my life not knowing who I was. I want to help men discover and recover their true selves by looking at six aspects of our D.E.S.I.G.N.: Drives, Experiences, Spirituality, Impact, Genius, and Nature. As men consider these areas, it helps them see who they *are* and who they *aren't*.

## Session 3 - Warm Up

1. Are you . . . A) An introvert or extrovert, B) Task-oriented or people-oriented, and C) Structured or spontaneous?

## **Session 3 - Discussion Questions**

- 1. What do you do repeatedly, successfully, and happily?
- 2. If time, money, or education was not an issue, what would you do?
- 3. What do you think you have to be, have, or achieve in order to be significant?

Thank you for your service and leadership to and for these men.

John Woodall

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