

Agenda for the gathering

1. Discuss the movie

- a. Start with a general round where each person in turn gets to:
 - i. State their general impressions about the movie
 - ii. Tell what was the most important insight about life they gained from this movie
- b. Have a discussion about each of the more specific questions as regards the movie
 - i. What was the fundamental question about life that this movie concentrated on? What were the key themes of the movie?
 - ii. What life-altering choices or challenges did the protagonists face?
 - iii. In the worldview and values of the main characters, was there something that you would want to be part of your own worldview?
 - iv. Did some of the main characters of the movie have beliefs/convictions/values/goals that were harmful for them?
 - v. What was the most important/surprising choice that some of the main characters made? Why did they end up making that choice?

2. Discuss the readings

- a. Discuss the article by Fowler
 - i. What were key takeaways for you from this article?
 - ii. Discuss each need in turn – autonomy, competence, and relatedness
 1. What does that need mean?
 2. How can a university or a workplace support that need?
 3. How well do you feel the need is satisfied in your own life?
- b. Discuss the article by Deci & Ryan
 - i. What were key takeaways for you from this article?
 - ii. Discuss each motivational type in turn – intrinsic, integrated, introjected, external (you can skip identified)
 1. What does that motivational type mean?
 2. What would be activities for you that are motivated by that type?
- c. Discuss the article by Kasser
 - i. What were key takeaways for you from this article?
 - ii. Discuss how you understood the distinction between intrinsic and extrinsic motivation
 - iii. Discuss what kind of intrinsic or extrinsic goals do you have in your life