

Agenda for the gathering

1. Discuss the book

- a. Start with a general round where each person in turn gets to:
 - i. State their general impressions about the book
 - ii. Tell what was the most important insight about life they gained from this book
- b. Have a discussion about each of the more specific questions as regards the movie
 - i. What were the main theses of the book? What was it trying to argue or explain?
 - ii. How did the author argue for these theses?
 - iii. What did you learn about good life, happiness, and life direction from this book?
 - iv. What did you disagree with in the book? What theses and arguments didn't convince you?
 - v. What kind of worldview does the author of the book have? What are the things and values that the author firmly believes in?
 - vi. Were there any thoughts, ideas, questions or others that will influence how you will live your life from now onwards?

2. Discuss the readings

- a. Discuss the article by Latham
 - i. What were the five conditions increasing the effectiveness of goal-setting?
 - ii. Discuss situations where you currently use goal-setting and situations where you could benefit from more conscious goal-setting?
 - iii. Share tips on what kind of goals you have set for yourself as regards your studies
- b. Discuss Bryan Dik's TedX talk
 - i. What five things help in career interventions?
 - ii. Have discussion about how you could utilize each of those five in your own search for good career choices
- c. Discuss Adam Grant's Ted talk
 - i. Share situations to each other where you have been a giver, a taker or a matcher
 - ii. Have a discussion about what strategies to use to be a giver in a way that allows you still to achieve your personal goals?