



30,000 Days Discussion Questions

Ages 11-14

1. The film asks what you want to do in your 30,000 days. What are three things you want to do in your life?

2. The film talks about your unique special sauce: the character strengths that make you you, the qualities you value (like creativity and bravery) + the thing you care most about (like the environment, or equality). Write some formulas for your special sauce here:

_____ + _____ = _____
 Your strengths What you care most about Name your "special sauce"

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3. How might that special sauce help lead to the things you want to do in life?

4. An “axial age” is a time when new ideas replace old ideas that no longer work. What new ideas do you think are emerging these days? What old ideas are do you think going?

5. Axial ages can be challenging times. If we are on the verge of a new axial age, how can we step up as the ancients did?

7. Why do you think people who have a sense of purpose live longer?

8. The film talks about the history of character education in schools -- how it used to be common, became rare, and is coming back again. Have you had any character education in school? Do you think there should be more of it?

Look at the image below for your character strengths --
the things that make you you, the qualities that you value.



Look at the image below to inspire the things you care about.

