



Meeting #1, 1/31/2025

Discussion Questions for Part I: Clearing

1. Walrond argues that to make light is to “proactively take the things that fuel us--our gifts and our passions--and use them to serve the world” (p.13). What does (or could) that look like in your own life?
2. Walrond suggests that joy and happiness are two distinct experiences. Happiness is transient, whereas joy is long-lasting and profound, built around the ideas of meaning and purpose (p. 17). What meaningful experiences have the most potential for joy in your work?
3. In the aftermath of a hurricane, Walrond met a stranger who spent a full day helping her family work in their destroyed home, and then left again, without ever telling her his name (p. 20-21). Have you ever experienced this kind of selfless support? What did it mean for you?
4. Positive psychology focuses on intentionally cultivating “well-being, contentment, and satisfaction(in the past); hope and optimism (for the future), and flow and happiness (in the present)” (p. 25-26). If joy is cultivated through practice, not through external circumstances, where do you see opportunities to cultivate it? And how do we cultivate it while accepting the reality of hardship?
5. Frankl argues that meaning comes from “doing something significant, caring for others, and summoning courage during difficult times” (p. 27). If joy follows meaning making, how do we intentionally make meaning in our lives?
6. Walrond defines activism as “taking responsibility to find answers to the world’s problems, dedicating yourself to a cause greater than your own interests” (p.32), yet it is easy to become overwhelmed with the sheer number of problems we face. How do you narrow the scope of your own activism?
7. Listening to one’s inner voice takes time and commitment, which can be difficult to do in a world that seeks out our attention at every turn. Walrond invites us to begin a journaling practice as a way of intentionally cultivating that voice. What opportunities do you see to begin listening to your own inner whispers?

