



Meeting #3, 3/12/2025

Discussion Questions for Part III: Spark

1. In her exercise on naming your values, Walrond argues that “These attributes that you admire in others--the ones that keep showing up--are your core values” (p. 207). When you think about the person you most admire in your life, what are the things you admire most about them?
2. Walrond uses the term “spark statement” to identify a sort of personal mission statement, something that answers the question “Why was I moved to create the work that I did?” (p. 94). Whether you have written your own spark statement or not, what do you think the importance is of being able to clearly articulate the answer?
3. In chapter 7, Walrond returns to the story of her friend Aimee Woodall and her generosity in the days following Hurricane Harvey. Aimee tells Walrond that accepting Aimee’s hospitality would essentially be “doing her a favor” (p. 102). Have you ever felt like you were burdening someone, when you might actually be doing them a kindness by accepting help? Or vice versa?
4. Working toward change often means accepting risk. Walrond notes that “pros don’t crow about something amazing that they’re doing before it happens or while it’s happening; instead, they just quietly focus on making it happen, knowing that in time, the work will speak for itself” (p.104). When in your life have you experienced something like this to be true?
5. Walrond argues that choosing to use our gifts to help the world can put us in a very vulnerable space. “What if people think my idea is dumb? What if people tell me I’m wasting my time? What if it doesn’t even work?” (p. 105). What “what-ifs” are currently keeping you from diving into something new?
6. If our spheres of influence have three concentric circles (what we can control, what we can influence, and everything else), what baby steps might you take within the innermost circle? (p. 115)
7. If play is integral to working for change, and our light words “hold the key to play” (p. 133), what has been play for you recently?

