



# Group Discussion Guide

by The Campfire Team

## Break the Ice

Begin the discussion by posing a question to the group that encourages participants to share and let down their guard. Have each person share in turn.

1

### ✓ Try it

#### **Sample icebreaker:**

*Think of the 3 best things happening in your life right now. Share with the group.*

## Calm the Room

Take a moment to meditate. Although it may feel uncomfortable at first, you'll be surprised at how this can invite a feeling of calmness and prime the group for discussion.

2

### ✓ Try it

#### **Meditation in practice:**

*Close your eyes.  
Take 3 deep breaths.  
Open your eyes.*

## Dive Deep

The bulk of the discussion happens here. Come to the meeting with some questions you wish to cover. Make sure to leave space for others to talk, and don't be afraid of silence.

3

### ✓ Try it

#### **Sample question:**

*Think of a challenge that was difficult for you. Imagine that thing happens again. Why will it be better next time?*

## End on a High Note

End the meeting with an activity that evokes gratitude within the room and spreads positivity outside of the room. Participants will leave feeling uplifted and energized.

4

### ✓ Try it

#### **Practice doing 1 good thing:**

*Take out your phone or computer. Text, email, or Slack someone a quick note of thanks.*