



Travel Talk

Creating Conversations That Matter

Strong and Courageous – Session 1

1. What character traits do you want to define you? (What do you want people to think of when they hear your name?)

2. What do you feel you are naturally good at? What do you enjoy learning about outside of school?

3. What would be your ideal life one day? (Where would you live, what would your family be like, and what would you do for a job?) How can your choices today take you closer to that life or further away?

4. Have you ever allowed someone else to provoke you into being someone you don't want to be? How did you feel afterwards? What could you have done differently?

5. Who do you know that might be dealing with a challenging situation? How can you encourage them?