

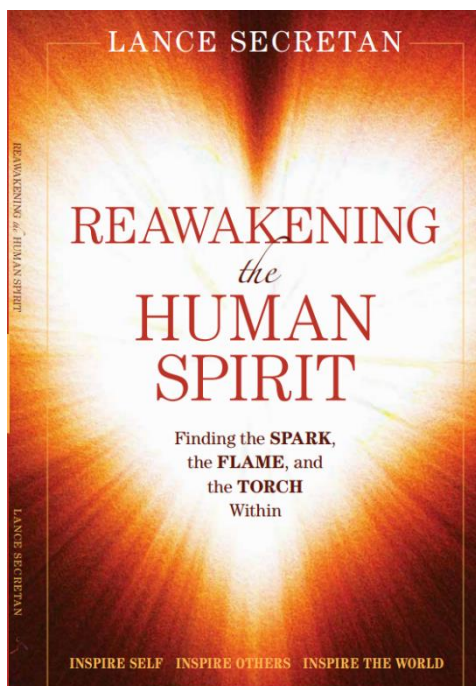


# Book Discussion Group

## Reawakening the Human Spirit:

Finding the Spark, the Flame, and the Torch Within

### PART ONE—THE FOUNDATION



Lance Secretan describes this book as “a journey to become inspired again in a world that does not always feel inspiring.” It is about reclaiming our personal power and making an impact in the world.

1. What drew you to this book? What need did you expect it to fill? What did you find? How has *Reawakening the Human Spirit* helped you? What are people yearning for?
2. What do we tend to reward most in society? How would you change that?
3. Secretan argues that we artificially separate home and work (and lots of other things too) and that this book is about

people—human beings—not titles or corporate functions. He goes on to explain that we are each simply one person in different environments, and our values, behavior and spiritual core should be consistent in all aspects of our lives, regardless of where we are. Describe your experience with what the author describes as the two separate worlds of “business” (or work) and “life”. How are they different? Do we treat a mother differently when she is in her role as a Vice President? How do we behave differently in these two contexts? Do we honor different values at work and at home? If so why, and what should we do about it? Secretan’s research shows that 80% of the population quit their day jobs if they had a free choice—why



would this be the case? What are the causes and consequences of this?  
What does the author mean by “exploitive capitalism”?

4. What is meant by, “The Spark, the Flame, and the Torch”?
5. Secretan includes a number of subjects in the opening section of the book, called, “The Foundation”. Why did he gather these diverse topics to review prior to describing core ideas in the book?
6. Secretan argues that we have misunderstood “leadership” and that we are all leaders in different moments and situations in our lives, even from a very young age. How do you see yourself as a “leader” across all aspects of your life?
7. The author suggests that “who we are impacts others and makes a difference in the world more than what we know”. He uses the metaphor of the Dalai Lama sitting silently in a room for 15 minutes and inspiring everyone by just being who he is. If you sat in a room silently for 15 minutes and then left, would everyone else in the room feel inspired as a result of your presence?
8. What is the difference between “motivation” and “inspiration”? What are the advantages and disadvantages of both?
9. Secretan argues that stress is a choice, and that it simply describes our reaction to events not the events themselves. Do you agree? Can you embrace and live this concept?

10. Have you used the *Spirit@Work® Cards* mobile app? How have you used it to relieve stress, inform your actions for the day and inspire others?



11. Secretan describes the “P.I.E.S.” theory of learning and how people generally fall into one of two categories, “learners” and “knowers”. Which one are you? Are you changing your thinking about this? Name the knowers and learners in your life. What is the difference between a “growth mindset” and an “open mindset”?



## 12. PART TWO—THE SPARK

13. In Reflections 1, 2, and 3, Secretan offers a roadmap for defining one's "Destiny, Character and Calling"—what he calls your "Why-Be-Do®". Did you find this easy or hard? Did you make discoveries about yourself? What were they? What is your Destiny? What will you do with this discovery?
14. Reflection Four describes the inspiring effect of having a dream. Do you have a personal dream? Have you replaced "mission, vision and values" with ONEDream® in your company? Do you see yourself as a dream manifester for others? For your family? For each of your employees?
15. Secretan describes the damaging effect of our use of what he calls "warrior language" in our everyday speak. Do you use violent language (like, "It blew me away" or "chocolate cake to die for")? Are you conscious of using violent language yourself? Are you aware of its use by others? And do you notice the physiological change that happens for you when you use the language of love instead of war? Are you committed to replacing "warrior language" with language that inspires others?

## 16. PART THREE—THE FLAME

17. In the Flame section of *Reawakening the Human Spirit*, Secretan describes how the CASTLE® Principles were first identified. He points out that we LOVE people who embody the CASTLE® Principles. Do you know anyone who embodies all six CASTLE® Principles? Think of a person you love—do they live the CASTLE® Principles? Which of these six Principles do you model best or most? Which of the CASTLE® Principles do you feel you have the most room to personally grow?
18. Secretan points out that Courage precedes everything. We cannot say "I love you" or "I am sorry" or "I need your help", without Courage. Are you Courageous? Can you be more Courageous in your life? Do you know Courageous people? What was the moment in your life when you were the most Courageous?
19. The author describes Authenticity as, "when the mind, the mouth, the heart, and the feet, are aligned"—oneness in all. Do you know people who do not embody this alignment? Does this happen for you too sometimes? Can you do better?



20. Early in the book Secretan suggests that serving others is a sure way to remove depression or sadness, because it lifts us out of ourselves and invites the healing energy of the love and gratitude we receive from those we serve. Do you serve? Did you experience joy when doing so?
21. Secretan argues that no one tells the truth ALL the time—but we can all do better. What commitment are you prepared to make to improve your truth-telling and therefore become more inspired and inspiring?
22. Do you have difficulty with the word LOVE? Do you tell your work colleagues that you love them? Or the check-out staff at your local supermarket? Do you feel you need “permission” to do so? Do you seek to ensure your spouse, children and friends hear daily from you that you love them? We all do loving things but we shrink from actually using the word. Are you comfortable with this word LOVE?
23. In the end, Effectiveness (Achieving desired outcomes successfully) is critical in all aspects of our lives. And when we live the CASTLE® Principles we will automatically be more Effective. In which areas of your life do you feel the most Effective? Where in your life do you wish to strengthen your Effectiveness?

## PART FOUR—THE TORCH

24. In Part Four: The Torch, the author puts forward a methodology for coaching, leading, mentoring, and teaching thus creating our legacy, called “Values-centered Leadership®”. Are you able to use this model? How? Where? What results have you experienced? Are you coaching someone now—and if so, how could you use this model?