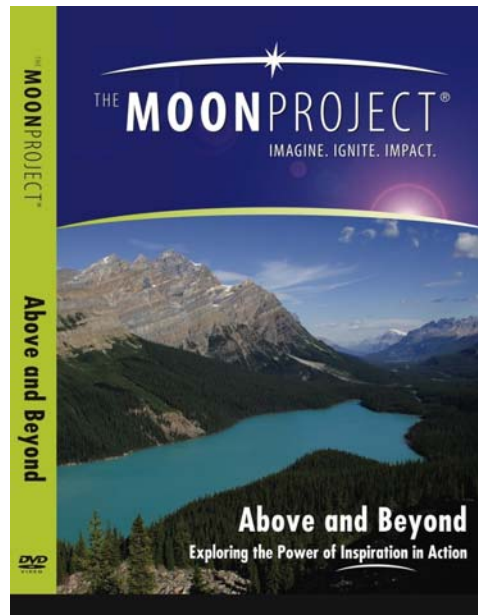




Above and Beyond: Exploring the Power of Inspiration in Action



DISCUSSION GUIDE

WELCOME TO THE MOON PROJECT®!

The team at Big Futures Inc. would like to thank you for your purchase of *Above and Beyond: Exploring the Power of Inspiration in Action*.

Above and Beyond explores the facets of human inspiration required to achieve excellence and extraordinary results. Its compelling message focuses on the importance of:

- **curiosity** in generating new vision and innovation;
- **courage** in transforming challenges and resistance into new possibilities; and
- **contribution** in bringing the best of our energy and talents to the achievement of goals.

We hope you enjoy and fully benefit from your experience with this film and choose to put curiosity, courage and contribution to work as you go above and beyond to your moon!

The film, *Above and Beyond*, will have a powerful and transformational impact and can be utilized in many applications such as –

- Company / Staff Meetings: to provide a focus on learning or new perspectives.
- Discussion / Support Groups: to activate discussion and learning within a company, industry, community, institution, family, or special interest group, etc.
- Workshops / Seminars: to provide a context and support the learning objectives and outcomes.
- Planning Retreats: to set the context for individual or team breakthroughs, goal setting, and new habits.

We hope that you enjoy and fully benefit from this unique transformational experience... and choose to go to **your** moon!

IMAGINE, IGNITE, IMPACT!

Most sincerely,

Adrienne and Patrick Duffy
Founders, Big Futures Inc. & The Moon Project®



IMAGINE. IGNITE. IMPACT.

VIEWER BENEFITS

Above and Beyond:

- inspires individuals and teams to rediscover the power of curiosity in their life and work leading to new vision, innovation and progress.
- helps reinforce the role of courage in transforming obstacles, set-backs and challenges into opportunities for progress.
- helps individuals realize they can have a positive impact on their family, team, and organization's success by contributing their gifts and talents every day.
- defines the basis from which an individual, team or organization can develop a vision and plan for the future that fuels their inspiration and drive for excellence.
- leaves each person and team with a compelling call-to-action to commit to the achievement of meaningful results for a positive impact.

HOW TO USE THIS GUIDE:

Above and Beyond is a 34-minute DVD. It consists of four chapters which you can play separately and guide participants through the related discussion questions and activities. This allows for maximum time management and flexibility with different kinds of groups in different settings.

The chapters and approximate running times are as follows:

- **Chapter 1: Introduction, 4.5 minutes**
- **Chapter 2: Curiosity, 9 minutes**
- **Chapter 3: Courage, 10 minutes**
- **Chapter 4: Contribution, 10.5 minutes**

The best way to view and facilitate discussion and activities with *Above and Beyond: Exploring the Power of Inspiration in Action*, is to identify the most appropriate questions and/or group activities that will help you achieve the desired results. Your approach will likely change slightly with each group. This Discussion Guide gives you a selection of questions and activities to choose from. Once you have obtained clarity regarding the group you will be leading, and have determined the objectives/outcomes for the meeting, you will be able to choose the elements of *Above and Beyond* that will best support you to achieve the desired results.

It is suggested that you view *Above and Beyond* first. It can be viewed as a 34-minute experience without pause by pressing “play movie” on the main menu page. If you wish to view the chapters separately, go to the “chapter index” menu page and select the chapter you wish to view. At the end of each chapter, you will be returned back to the chapter menu page. Read through this Discussion Guide to gain a familiarity with the questions and activities for each chapter of the film. Then go back and choose the elements that will assist you to effectively facilitate and achieve the desired outcomes with *Above and Beyond* as your tool.

CHAPTER 1: INTRODUCTION

NOTES:

“We must rise above the earth... and beyond, for only then will we fully understand the world in which we live...”

Socrates (479-399 BC)

“What is it about big, shiny objects seen at a distance, just out of reach, that inspires our imagination and compels us to think about what it would take to keep on going and keep on growing? You know, it’s amazing that human beings actually walked on the moon... it makes me think about how far we can go in life on the journey to find out who we are, where we are now, and what we’ll do next.” excerpt from Above and Beyond

DISCUSSION QUESTIONS:

1. What was inspiring about the Apollo Moon missions of the 1960’s and early 1970’s? In what way does the accomplishment of putting human beings on the moon inspire potential and possibilities within each of us and in our world today?
2. Why is the power of inspiration so important on an individual and/or team basis? How does the power of inspiration help us to keep on going – moving forward; and keep on growing – getting better?
3. Describe an experience when you, either as an individual or as part of a team, experienced inspiration. What were the circumstances surrounding that experience? What insights do you have about this experience that can be applied to how you or your team experience inspiration today?
4. What habits can you or your team practice to help sustain inspiration on a day-to-day basis?

Individual Activity: Exploring Your Inspiration

Ask your family or friends to share times when they have seen you most inspired.

- What were the circumstances surrounding the experiences they shared with you? (e.g. When was it? Where was it? What activities you were doing? Who were you with? How did you feel? etc.)
- What insights come to mind as you reflect on what they shared with you?
- You may wish to start a journal to document your insights. If you are part of a discussion group, be prepared to share these insights as part of your exploration of the power of inspiration in action.

Team Activity: The Team Inspiration Profile

Discuss with the group situations when the team has been most inspired by asking the following questions. Document their ideas on a flip chart.

- How do you know when the team is inspired? How does it feel? Note: ask them to describe the characteristics that are present in the individuals and the team as a whole. (clues: energy, passion, exciting vision/goals, values, environment, team work, achievements/success, a new season, recognition, etc.)
- Why is being inspired important to our day-to-day experience on the team?
- What can the team do to have inspiration present more frequently and to sustain it on an ongoing basis?
- What specific actions can the team take over the next 90-days to make progress on sustaining inspiration?

CHAPTER 2: CURIOSITY

“Curiosity is the crack in the door that allows in new possibilities.”
Joyce Wycoff

*“How are you curious? How are you inspired to be curious?
How do you inspire others to be curious?”*
excerpt from Above and Beyond

DISCUSSION QUESTIONS:

1. Describe a time in your life, individually or as part of a team, when you found something that you were passionate about that connected you with your curiosity about learning, setting and achieving goals, and striving for excellence. (clues: school, job, business, sports, politics, health, science, fashion, technology, history, travel, language, culture, etc.)
2. What inspires you to be curious today? (clues: desire to improve and learn more, topics of interest, envisioning what’s possible, current events, etc.) What specifically do you do that connects you with your curious spark? (e.g. journaling; having discussions with friends, colleagues, family; exercising or running; reading books; listening to music; dancing; going to movies; quiet reflective time; etc.)

“Curiosity is the entry point to looking at possibility in your life.” Adrienne A. Duffy

3. When you dream about what’s possible over the next one to three years, what goals does your curiosity lead you to envision (individually or as part of a team)?
 - ▶ What’s holding you back from taking action on that vision?
 - ▶ What is the first goal or “small step” that you need to take action on in order to make progress toward your vision being realized?

Individual Activity: Exploring Curiosity

- Over the next few weeks, observe yourself and/or others while watching for evidence of curiosity. (e.g. children learning something new; your own desire to learn, explore, or strive for excellence; thinking about what's possible; curiosity expressed in a team situation; etc.)
- What insights have you gained about curiosity? What can you do to practice curiosity more frequently in your own everyday experience? How does being curious consciously add value and satisfaction to your everyday experience?
- You may wish to keep a journal where you can document your insights.
- If you are part of a discussion group, be prepared to share these insights as part of your exploration of the first gift of inspiration: curiosity.

Individual Activity: The Vision and Dream Journal™

It is suggested that you begin a Vision & Dream journal that you will keep ongoing.

- Let your curiosity lead you to envision or dream about what's possible in your life. Document these dreams and visions in your journal and date each entry.
- You can also create a Vision Board with a collage of images, pictures, words, symbols, etc. that bring your dreams and visions to life visually.
- If you are part of a discussion group, be prepared to share your insights as part of your exploration of the first gift of inspiration: curiosity.

"Innovation begins with asking the right questions."
Patrick J. Duffy

Team Activity: The Excellence & Innovation Builder™

Ask the team the following questions and document their ideas on a flipchart:

- What are some areas where we can be innovative and/or focus on greater team excellence? Brainstorm the group's ideas.

Note: Through group discussion, choose a few areas for the team to focus on.

- What actions can we take in the next 90-days that will make progress toward these innovation/excellence initiatives?
- What habits can we practice as a team on a regular basis to improve our practice of curiosity in pursuing innovation and excellence?

Team Activity: The Moon Project Vision Focuser™

Ask the team the following question and document their ideas on a flipchart:

- What are some of the big goals that we can “choose” to commit to over the next three to five years? (clue: goals that would fully engage our curiosity and inspiration while creating value for the people and the markets we serve).
- Discuss this question as a team and make a master list of the goals.
- Use this input for the development of the team's strategic and action plans.

“I have no special talents, I am only passionately curious.”
Albert Einstein.

CHAPTER 3: COURAGE

“Excellence is not an act; but a result of habit...we become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.” Aristotle

“Courage, the second gift of inspiration is defined as the state of mind or spirit that enables us to face obstacles with confidence and resolution.” excerpt from Above and Beyond

“How often have you asked yourself - Why can't I go any farther? What's holding me back?” excerpt from Above and Beyond

DISCUSSION QUESTIONS:

1. Describe an example of when the courage of another person inspired you? Why was it inspiring?
2. Think of a time when you experienced courage, individually or as part of a team. What were the circumstances surrounding this experience? In what ways was this experience inspiring? What did you learn about yourself and/or others who may have been involved?

“The bigger the vision that our curiosity leads us to, the more important that second gift of courage becomes, because we need to have the courage to take action. Once we take action, one of two things is going to happen. We're either going to have things work out perfectly as planned, there's a flow, it all works, OR, there's going to be some obstacles in the form of resistance or adversity that we have to transform into strategies that we can take action on that lead to a successful result.” Adrienne A. Duffy

3. What are some practices or habits that keep us focused and inspired to be courageous when overcoming resistance, obstacles, challenges or adversity?

“The courage to sustain the journey of achieving our vision can have many different faces, and the importance of having a strong team around it is essential.” Patrick & Adrienne Duffy

4. Why is teamwork important when overcoming obstacles, challenges or adversity? What elements of teamwork need to be present to inspire us to be courageous? (note for discussion leader: the elements of teamwork can include ideas such as encouragement, clear vision, celebrating progress and milestones, ongoing communication, optimum team meeting experiences, communication practices, clear expectations, strategizing obstacles, etc.)

“Our vision can be very big and it might take a long time to achieve it, so it’s very important that we take that spirit to celebrate along the way.” Adrienne A. Duffy

5. Why is celebrating success important in helping us to sustain our inspiration toward the achievement of goals and results?
- ▶ How do you currently celebrate your progress and success - individually or as part of a team?
 - ▶ What are some other ways to celebrate progress and success?
 - ▶ What actions will you and or your team commit to over the next 90 days to celebrate success?

Individual Activity: Profiles of Courage™

Think for a moment about the people who have impacted your life and inspired you to be courageous. Were they individuals you have known personally, such as a teacher, coach, parent, family member or friend? Perhaps they were people you read or learned about in history or are contemporary icons. (e.g. Martin Luther King, Mother Teresa, John F. Kennedy, Princess Diana, Terry Fox, or Oprah Winfrey)

Write down the names of those who inspired your courage and complete the following questions and activities:

- What was it that inspired you about them?
- What specific way did they express courage that caused you to be more courageous yourself?
- What activity can you do today, and practice on a weekly

basis, that would inspire you to be more courageous? (e.g. getting up early to exercise; practicing health-focused habits; quiet, reflective time; intending and imagining each day's successful outcomes; confronting obstacles; asking for help; contacting someone from the past to reconnect or to forgive; trying something you are fearful of; or learning something new; etc.)

- Make a commitment for the next three weeks to complete this activity every second or third day to honor the courage of those who have inspired you and to reinforce your own courage.
- Remember, the individuals who have inspired you by their courage are simply mirroring the potential courage within you!

Team Activity: Courage in Action

- Review the following quote with the team. Ask for their thoughts and insights on the quote. C.S. Lewis once stated, "Courage is not simply one of the virtues, but the form of every virtue at the testing point."
- Have each team member respond to the following questions: "What is the most important value that motivates you to be a great team member? How does the value inspire you to be more courageous in pursuing excellence – getting better as both a person and/or as a team member?"
- Have each team member describe their value and response to the questions. Make a list of all the values described. Through discussion, select one value the team agrees to focus on over the next three weeks. (e.g. the team may choose the value of determination, achievement, integrity, etc.) Discuss ways in which the value can be reinforced and remembered as a team (e.g. through a team goal, motto, symbol, ritual or quote.)
- Ask the team when and how often they will re-visit this value? (e.g. at the beginning of every team meeting, practice or event.)
- After three weeks, ask the team what effect focusing on the value had on them individually or as a team? What did they learn about the value that inspired them? How

did the practice and awareness of the value help them to have courage in the face of adverse or difficult/challenging circumstances?

“Adversity is nature’s classroom where we can choose to learn. Practicing courage, like practicing curiosity, helps us see the potential in any circumstance. We can see the top of the cliff and we can imagine the danger of scaling the wall to get there, and so we can connect the two. But what really inspires us is what it takes.” excerpt from Above and Beyond

“Life shrinks or expands according to one’s courage.” Anais Nin

CHAPTER 4: CONTRIBUTION

“Follow your bliss and doors will open where there were no doors before.” Joseph Campbell

“Contribution really comes into play when we bring the best of our talents and abilities forward towards those visions that our curiosity helps us to create.” Adrienne A. Duffy

“...curiosity and courage are the ways that you get in the game, but contribution really is the game.” Patrick J. Duffy

DISCUSSION QUESTIONS:

1. Describe an example of when you were inspired by the contribution another person made (to you, their family, their work, the community etc.) Why was it inspiring?
2. Describe an experience when you were inspired to contribute the best of your talents and abilities to the achievement of individual and/or team goals and results.
 - ▶ What were the circumstances surrounding this experience?
 - ▶ What inspired you to contribute?
 - ▶ What did you learn about yourself and/or team work and team wins through this experience?

3. What activities do you love doing that inspire you to make a contribution of your talents and strengths?
 - ▶ How often do you engage in these activities?
 - ▶ What can you do to ensure that you can engage in these activities more frequently?
4. What elements of teamwork need to be present to enable team members to be inspired to contribute their best to situations and to the achievement of goals and results? (Note to discussion leader - look for ideas such as: clear goals, clear roles, a shared spirit of accountability, alignment of talent and passion, environment that fosters recognition and rewards, etc.)

"If you could choose to leave something behind, a piece of yourself, what would that be?" excerpt from Above and Beyond

Individual Activity: Exploring the Gift of Contribution

Over the next three weeks keep an ongoing journal to document your thoughts on the Gift of Contribution. Consider questions like:

- Think about the times in your life when you have been inspired about what you were doing. What activities were you engaged in? What activities do you love and energize you when you do them? What is the correlation between these activities and your natural talents and strengths?
- What are the opportunities you have in your life right now to make a contribution? (e.g. applying your strengths and talents to activities and goals, helping someone, expressing gratitude and appreciation, volunteering, etc.) What actions can you take to make that contribution?
- How is it inspiring when you've made a contribution to a situation, another person, the achievement of a goal, etc?
- What examples do you see of how other people demonstrate the gift of contribution? (note: look for simple, everyday examples) How do they inspire you?

- If you are part of a discussion group, be prepared to share these insights as part of your exploration of the third gift of inspiration: contribution.

Rabbi Harold Kushner once wrote, "the circumstances of your life have uniquely qualified you to make a contribution, and if you don't make that contribution, nobody else can make it".
excerpt from Above and Beyond

Team Activity: The Contribution Habit

Ask the team the following questions. Note: with a larger group you can partner team members in small groups of 2 – 4.

- What are specific examples of when you have observed your fellow team members making a contribution? (e.g. to customers, to activities they are doing in their role, to other team members, etc.) What do you appreciate about their talents and strengths?
- Have the participants share the stories they identified with the group and then ask the next question: What opportunities do you have individually or as a team to make a contribution every day? Encourage the group to give specific examples. (e.g. between team members, between departments, with customers, with suppliers, within the community, etc.) Brainstorm ideas as a group and document them on a flip chart. Note: these can be simple things like recognizing a job well done, showing appreciation, helping out a team member, sharing your talents and strengths, etc.
- Ask each person in the group to make a conscious commitment to make a contribution every day for three weeks and to write down one action they have taken each day. After three weeks have each team member report on their insights from consciously making a contribution every day.

*"It's really quite simple if you think about it this way. Our head, representing curiosity leading to vision, the courage in our heart to persevere, to continue on our journey day in and day out and be courageous about transforming any obstacles that come into our way into the results that need to happen to keep us moving and sustained on our journey. And, the gift of contribution, which is our hands, giving of ourselves, the best of what we can bring to situations, which inspires everyone around us: **head, heart, hands.**"* Adrienne A. Duffy

"When a person chooses to demonstrate these three gifts of inspiration through their head, their heart and their hands, what they have an opportunity to do is touch into the unlimited inspiration in them and I believe the unlimited inspiration in the world. But the inspiration in the world requires a voice, both individually and collectively, and we are that voice. When we have the courage and the curiosity and the intent to contribute with all of that inspiration, not only can we make progress for ourselves, but we can make the world a better place."
Patrick J. Duffy

Team Activity: Showing Up With Your Head, Heart and Hands

Put three flip charts on the wall with the word 'head' on one, 'heart' on another and 'hands' on the third. Ask the team the following question:

- What does it mean, individually and as a team, to show up with our head, heart, and hands? As a group, brainstorm the team's thoughts, insights, and specific examples for each of the three areas. Note: a starting point is curiosity, courage, and contribution.
- Ask the team what actions they can take, individually and as a team over the next month to show up more consistently with their head, heart and hands.
- Discuss ways in which the idea of showing up with our head, heart and hands can be reinforced and remembered as a team (e.g. through a team goal or special project, motto, reminder from a partner for the activity, symbol, ritual, affirmation or quote.)

- Have each team member commit to an action they will take consciously each day. Choose a future team meeting time to report back on what the team is learning by making a conscious intent to show up each day with their head, heart and hands.
- You may wish to consider how the team can celebrate progress or recognize excellence of going above and beyond.

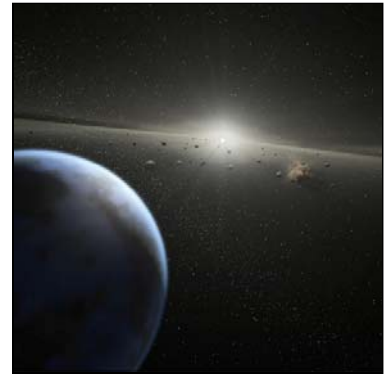
“You must become the change you want to see in the world.”

Mahatma Gandhi

YOUR MOON PROJECT

Individuals and organizations all around the world are answering the call of their personal and organizational moon projects. We are in awe of the extraordinary choices people are making, and the powerful and impactful goals being achieved.

As founders of The Moon Project, we appreciate hearing inspirational and transformational stories. If you would like us to contact you, please visit MoonProject.ca and click on *My Moon Project* in the upper right corner. Alternatively, you may email your moon project stories to experience@moonproject.ca.



We celebrate your progress! Together, in our own unique ways, we will make a significant and positive impact in making the world a better place to live.

Thank you for sharing!

Adrienne and Patrick Duffy
 Founders, Big Futures Inc. & The Moon Project[®]

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Patrick James Duffy and Adrienne Arlen Duffy, founders of Big Futures Inc., are internationally acclaimed speakers, facilitators and coaches. They are the architects of The Moon Project®, an innovative leadership coaching and organizational development program designed to help individuals and corporate teams achieve their vision and goals in order to reach their ‘big futures’.

The Moon Project film series and related learning products and programs are a direct result of the insights, accumulated learning and client achievements experienced throughout the 20 years Adrienne and Patrick have worked together.

Adrienne Arlen Duffy currently provides organizational development strategies, and leadership coaching to business leaders, entrepreneurs, and entrepreneurial couples and families in many diverse industries. Adrienne is also responsible for leading workshops for hundreds of entrepreneurs each quarter through her valued alliance with The Strategic Coach Program. Adrienne continues to develop and implement leading-edge learning materials designed to help leaders focus their vision, strategy and plan and enhance their leadership spirit, character, relationship skills and imagination. In addition to her involvement in producing The Moon Project films and learning programs, Adrienne has a comprehensive background in music and composed the original music for the film series.

Patrick James Duffy has worked in the field of visionary leadership, effective management and leadership coaching throughout his adult life. As a direct result of his keen and enduring interest in leadership, he obtained his Master’s Degree in Leadership and Training from Royal Roads University in Victoria, British Columbia. Patrick’s clients consider him a valued member of their corporate team and depend on his assistance to resolve a host of both internal and external challenges as they move toward their chosen path and future. As a highly creative, thoughtful and enthusiastic individual, Patrick is valued by his clients for his ability to create innovative solutions to position themselves and their organizations for sustainable dynamic and effective development and growth while building organizational leadership capability.

In addition to The Moon Project program, Patrick and Adrienne co-authored the book, “Pathway to Freedom”. Published in 1996, this book provides a roadmap for individuals and organizations who choose to be entrepreneurial in spirit and in action.

Residing in Canada, Adrienne, Patrick, and daughter Clara imagine and live their family and individual moon projects with love and inspiration.

moon pro-ject (n.):

A strategic platform that inspires a courageous call for leadership action, ignited by imagination, powered by inspiration and driven by excellence.