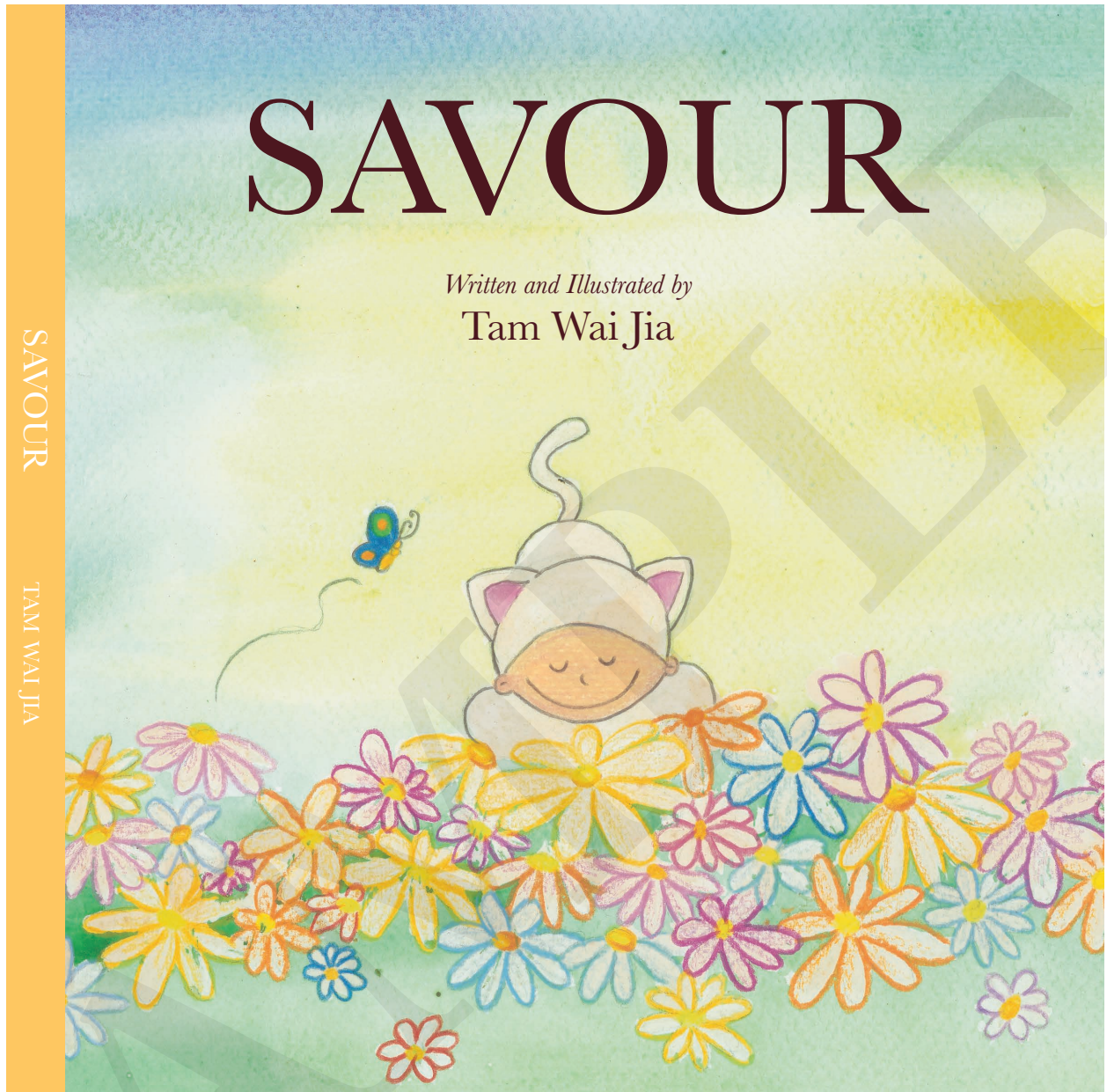


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THE SEARCH FOR SUCCESS & SIGNIFICANCE

Facilitation Guide

PREFACE

This facilitation guide is designed to accompany the video message and the animated video or book reading of *Savour* by Dr. Wai Jia Tam. The discussion should be led by a trained facilitator.

Target audience	University or pre-university students, young working adults
Suggested maximum number of participants	30, divided into groups of 4 or 5
Resources needed	<ul style="list-style-type: none">• Video message: https://youtu.be/iVqrRymZakA• Hard copy of <i>Savour</i>, or the PDF copy (bit.ly/savour-pdf), or the animated book (if available)• Facilitation guide• Purpose Journal (print out copies for all participants)• Attendee feedback form: bit.ly/kg-feedback
Suggested time allocated	90 minutes
Objectives	<ul style="list-style-type: none">• To inspire hope and faith in participants to pursue their dreams• To guide participants through a process of self-discovery to gain insight into their true calling• To invite participants to share about their personal journeys in finding true purpose

KEY:

“ denotes text for facilitator to read aloud

❖ denotes a question for participants

Key discussion question for participants

Reflection exercise for participants

OVERVIEW OF SESSION

#	Duration	Activity	Notes
1	5 min	Welcome and introduction	
2	25 min	Opening video	Savour - Choosing the Path Less Trodden
3	5 min	Book reading/animation	PDF copy: bit.ly/savour-pdf
4	5 min	Opening questions	
5	35 min	Breakout group discussion	In groups of 4-5, participant self-led
6	10 min	Purpose journal	Print out Purpose Journal for all participants
7	5 min	Attendee feedback form	Online form: bit.ly/kg-feedback

1. WELCOME AND INTRODUCTION (5 MIN)



“Today, we are going to read and discuss a book called *Savour*. Although it looks like a children’s book, this book is actually meant for adults and has deeply resonated with many who have experienced what it means to work.

“We’re first going to begin by hearing a little of the author’s story through a short video, do a book reading, and then discuss what we’ve experienced.”

2. OPENING VIDEO (25 MIN)

Play the video message by the author, available here: <https://youtu.be/iVqrRymZakA>.

3. BOOK READING/ANIMATION (5 MIN)

Do a book reading of *Savour* or play the book animation, if available. Participants may access the PDF copy of the book at bit.ly/savour-pdf.

4. SUGGESTED OPENING QUESTIONS (5 MIN)

- ❖ What do you think this book is about?
- ❖ In what ways did the book speak to you?
- ❖ Were there any pages in particular that really stood out to you? Why?
- ❖ Which pages did you like the best/feel the most strongly about? Why?

The appendix includes several questions that may help to facilitate deeper discussions on specific pages in the book. They need not be discussed in the particular order shown; they are only meant to serve as a guide should participants select these pages to discuss.

5. BREAKOUT GROUP DISCUSSION (35 MIN)

In groups of 4-5, invite participants to discuss selected questions from the slides, especially the first and last questions.

- “ For example, you may say, “In the next 35 minutes, share about 4 questions within your group. Everyone can share about the first question, then pick any 2 questions to go around and end with the last question. Everyone has approximately 1 minute to share for each question.”

You may go around the groups to guide the discussion as they articulate any emotions or experiences that surfaced.

6. PURPOSE JOURNAL (10 MIN)

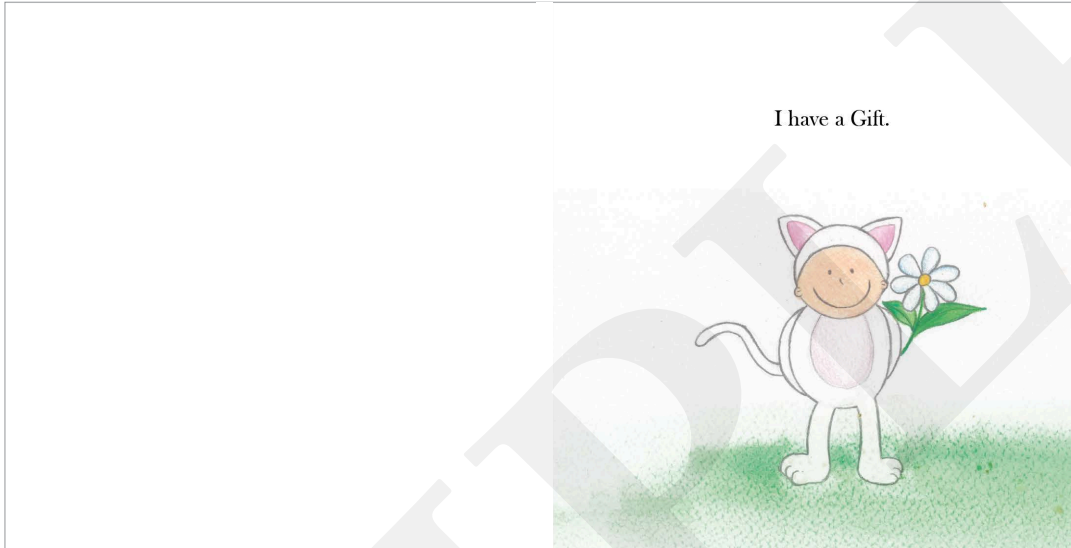
- “Today’s session may have sparked some thoughts about your gifts, the strive for success, stars you have achieved and the song in your heart. Take a moment to fill up the Purpose Journal to reflect on today’s session.”

7. ATTENDEE FEEDBACK FORM (5 MIN)

- “The author would appreciate if you took a moment to share about how this session impacted you. Please fill up the attendee feedback form online at bit.ly/kg-feedback. Thank you!”

APPENDIX

SUGGESTED QUESTIONS FOR DEEPER DISCUSSION



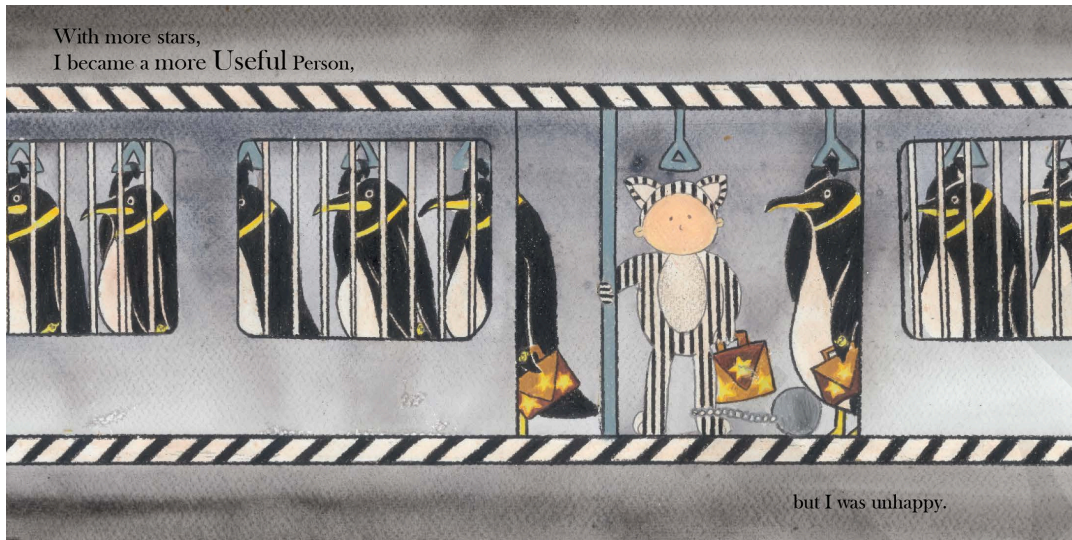
❖ Like the cat, do you have a gift?

Open up the floor to allow people to share about their gifts. This may take some time. Encourage discussion by sharing that a gift can be something as simple as having a great smile or the ability to make friends easily.



- ❖ There was a time in the cat's childhood when he was told that collecting stars was more useful than his gift. Can you relate to the collection of stars? What do they represent in your life?
- ❖ Have you ever felt inadequate as a person (internal worth) because you felt that your gifts were not good enough (external achievements)? How has this affected your self-worth?

❖ **Key Discussion Question:** In this picture, it seems like the dad figure does not approve of the cat's gift. Were there times in your life when you were unable to meet the expectations of others, in particular, your parents' expectations? How did that make you feel?



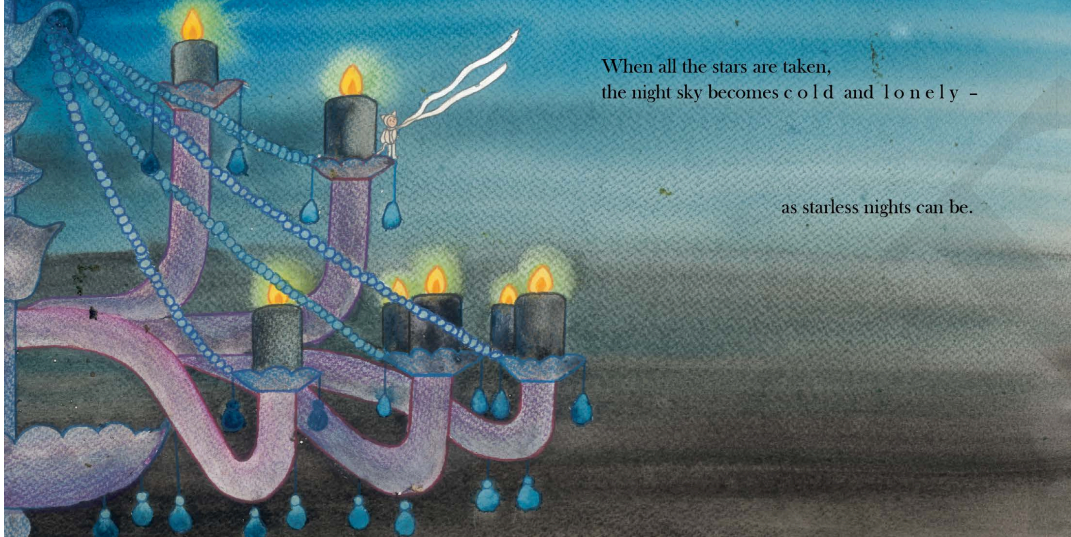
- ❖ When the cat collected more stars, he felt more “useful”. How did you feel when you actually accomplished your goals?

Possible answers could include feeling proud, feeling "good enough" or relieved.

- ❖ Why do you think the cat was still unhappy even after he achieved his goal of collecting more stars? Have you ever felt unhappy or empty even after achieving a goal?

Possible answers include: he felt empty; having more stars did not satisfy the deeper longing within him for something more; or the stars did not fill the void or heal the hurt inside of him.

- ❖ **Key Discussion Question:** The cat was swayed by others to believe that being a certain way or achieving certain goals would make him happier, but it didn't. Can you pinpoint a time in your life when you started to believe these similar narratives?



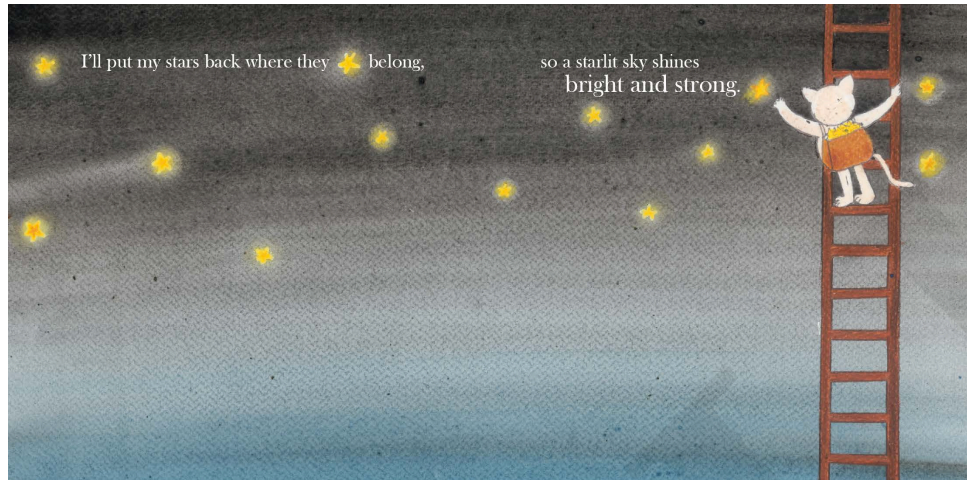
❖ When the cat succeeds in taking all the stars, how does he feel?

Possible answers include loneliness, pain, and isolation. The stars were meant for everyone to enjoy, but now, they were lost in the dark night sky. Instead of pleasing others, the cat realized that his actions had harmed those around him.

Reflection Exercise: When we continuously strive to push ourselves by setting increasingly harder goals, how do you think others around us feel?

How have your struggles intentionally or unintentionally impacted those around you? How would you like for this to change?

Give a moment for participants to reflect and share where comfortable, as this could be potentially emotional.



I'll put my stars back where they belong,

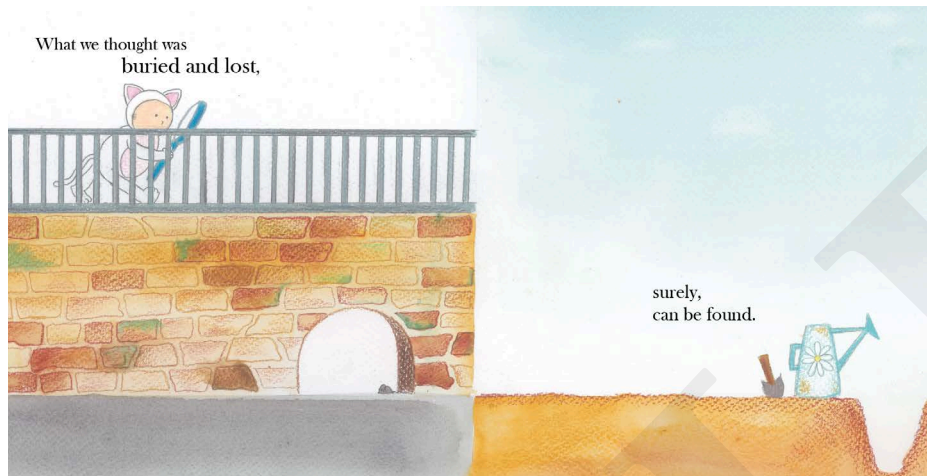
so a starlit sky shines
bright and strong.

❖ **Key Discussion Question:** Although the cat was successful at collecting stars, his inherent gift was different. Returning the stars to the sky could symbolize stepping out of a role you were never meant to fill. Are you trying to fit into a mold that was not made for you?

When we can truly be ourselves, we will naturally shine and be a light to others.

As you see, there is hope. Just as how the cat puts his stars back in the sky to shine, how do you think it is possible for you to give back or share your "stars" with others?

Reflection Exercise: Write down how you envision yourself, now or in the future, shining as bright stars for others. In what ways can your journey impact the lives of others for good?



- ❖ The cat has a special gift that he buried a long time ago, and is determined to find it again. What gifts do you have that you might have buried? How can you uncover them again?
- ❖ Have you ever lost your identity in trying to live up to the expectations of others? How can you begin to rediscover your true identity?

Reflection Exercise: Write down one thing you will do this week that celebrates and re-lives a gift or hobby that you once enjoyed but stopped doing since your pursuit of "success".

Spark powerful conversations of hope, healing and growth.

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