



# QUESTIONS -TO- CONNECTIONS

*Planting seeds for the future ONE word at a time...*

REVOLVE LEARNING presents...  
**ROOTWORDS**  
THE PODCAST  
SEASON 2 | EPISODE 6

WORD: **AUTHENTIC** /AW·THEN·TIK/

When we do our part in fulfilling our purpose we light the path for others to do the same. The act and ability to choose to push through fear to participate in an experience fully is a skill that we must learn how to get back as we get older. That's courage! Courage is defined as the ability to do something that frightens one.

## Reflect

### YOUR UNDERSTANDING AND VISION OF THE WORD

**It is the season to have all of who one is on display. It is a time to be all the beautiful things that one is at once. it is a time to be loud and thoughtful, and angry and loving and ratchet and academic, with fire in the belly and a desire to push the world to reimagine how they see us and others like us.**

DR. CHRIS EMDIN  
RATCHEDEMIC

Take a moment to think about your responses to the following questions. This is your opportunity to see if what you believe is taking hold with the young people in which you have interactions.

- Is there somebody in your life who has had a significant effect on your life?
  - How did they influence you?
- What are the three things in your life that brings you the greatest joy?
- What three aspects about yourself do you find most appealing?
- What are the top three things you'd want to improve about yourself?
- What are the top three things you're most proud of?
- What spaces do you feel you can be your most authentic self? Why?
- What spaces are you more hesitant to show and be your authentic self? Why?

## Connect

### QUESTIONS AND CONVERSATIONS STARTERS THAT PROMPT CONNECTIONS

The most important part of building meaningful relationships is the ability to trust each other through active listening and understanding. When we discuss these questions with those that are younger or not yet familiar with the concepts we must approach it with emotional constancy as the adult that has done the work to be introspective first. We recommend starting up top with the reflection questions and bringing those sentiments with you to the conversation. This is deep but will be an eye-opening experience for all that are committed to growing together. Notice if there is alignment with what you reflected on and what they said.

- What does it mean to be authentic?
- What do you feel makes up who you are as a person?
- When was the last time you felt you can be your authentic self?
  - Why do you think you felt comfortable to be your authentic self there?
- When you are feeling like you are being yourself what does it feel like?
  - Do you notice anything different?
- What are you doing when you feel MOST like yourself?
- What can I do to help you feel more comfortable being your authentic self?
- How does showing up as your authentic self help the world around you?
- What advice would you give a friend that is having a hard time being themselves?

### THOUGHTS TO TAKE AWAY AND SHARE

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