



# Soul Searching

*For girls searching for their center, their inner voice, for who they want to be.*

## Discussion Questions

- What does 'Soul Searching' mean to you?
- What do you feel are the biggest challenges facing teens today? How can 'Soul Searching' help?
- What can you do to help promote a healthy body image in yourself and others?
- Sarah talks about the difficulties of finding time for yourself away from all the distractions and technologies of today's world. What do you feel is the biggest distraction in your life? What can you do to avoid falling prey to this distraction?
- One way to find time to truly look within ourselves is to create a sacred space, as Sarah puts it. She warns against using images or objects around ourselves that make us feel less confident in who we truly are. Do you have such objects or images in your space? What could you do to create a more harmonious space in your room?
- It's important in life to pursue the things you are most passionate about to achieve happiness now and later in life. Do you believe you are currently pursuing the thing you are most passionate about? If yes, how? If not, why not?
- If you don't know what you're passionate about, how do you think you could go about discovery that thing?
- Throughout the world and our communities we are all exposed to people in need. What do you think is the biggest need in your community? How could you help?
- Throughout time people have always taken time to ask the big questions: Why are we here? What is our purpose? How do you live a good life? Sarah discusses several philosophies from throughout history. Which do you identify with most? Why?
- One of the most important points Sarah makes is that the journey never ends. 'Soul Searching' is a life-long pursuit. How are you going to continue your journey throughout your life?