

DISCUSSION QUESTIONS

KINJA DIXON

- Has Kinja's program shifted your way of thinking about wellness?
If yes, how so?
- Has Kinja's program shifted your way of thinking about leadership and success?
If yes, how so?
- What resources are available to you in your community if you need emotional, mental, or wellness support?
- What can you do to bring about a transition to a more positive paradigm internally?
Externally?
- What is holding you back from achieving your full potential?
- What changes might you make to your own life with the new skills you've learned?

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