



UNIT 5: SPARK OTHER LIGHTHOUSES

Discussion & Reflection • Values & Leadership • Chapters 17-19

Name: _____

Date: _____

Directions: This is for thought and discussion - not a test. There is no single right answer. You may answer about yourself, about a character, or about what "someone might" think. You never have to share anything private.

5A • TALK ABOUT IT

Dr. Martinez gives the team three questions before saying yes: Does it serve the mission or purpose? Does it make us stronger? Can we do it without breaking?

Capacity means how much a person or team can realistically handle. Saying no can protect time, energy, trust, and the purpose of the work.

1. What is something good that can still become too much if someone says yes to everything?

2. Why is saying no to something good sometimes the right decision?

5B • TALK ABOUT IT

Ziggy tells Leo, "The debt goes forward, not back." He means you repay what someone gave you by giving it to the next person.

1. What does it mean to pass forward help, trust, or encouragement?

2. How does someone show gratitude through action, not just words? Use a character, a real person, or what "someone might" do.

AFTER THE DISCUSSION ★

One Thing to Keep	One Thing to Try
<i>One idea I want to remember:</i>	<i>Choose one small, safe action.</i> ☐ Say no kindly to one good thing that is too much right now. ☐ Choose one important thing to do well instead of trying to do everything. ☐ Thank someone by helping the next person. ☐ Ask, "Can we do this without breaking?" <i>Example: I will thank someone by helping another person get started.</i>