The Possible Human Spirit



The Possible Human Spirit Classes

Day-1: Exploring the Human Spirit

Day-2: The Person We Are Becoming

Day-3: The Human Spirit Model



The Possible Human Spirit
Class-1 Part 2

Opening Reflections



When you hear the words

"Human Spirit”

What comes to mind?

Write down three words or phrases (1 minute)

NOTE: Assume there is a difference between the Human Spirt and the Soul

A few generic textbook definitions about the human spirit

1. The human spirit refers to the inner core of a person that drives meaning, purpose, resilience, and connection.

2. It includes our capacity for hope, courage, creativity, and compassion, especially in the face of challenges.

3. The human spirit is not limited to emotions or thoughts. It reflects the deeper sense of identity and the will to endure, grow, and find significance in life.

Thoughts about the definitions

1. What do you agree with?
2. What would you add, remove, or change?
3. Do we actually have a human spirit … or is “human spirit” simply a name we give to certain human qualities?

Open Class Discussion (5-10 min)

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Day-1 Part 3

Deep Dive



Deep Dive Discussion Questions

1. How do major life challenges, such as loss, failure, and injustice, test or reveal the human spirit?

2. Is the human spirit inherently good, neutral, or capable of both extremes? Why?

3. Is there a connection between the human spirit and purpose, or meaning in life?

4. How can individuals cultivate or strengthen their own human spirit?

5. How does empathy relate to the human spirit? Can it be developed?

Form Breakout Groups

Break in your group

Group discussion process (8-11 min)

- Each person in the group choose a different question.
- This will be your question to share and lead discussion within your group.
- Discuss your ideas together about each question chosen.

Questions?

Take the full 3 minutes per question

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Day-1

Class Break 5 min.

Return to your original seats



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Day-1 Part 4

Deep Dive Discussions



How the discussion sessions will work

- We will take the questions in order.
- Those who chose each question will share their thoughts first.
- Then we open the discussion to the class.

4-6 minutes per question

Discussion question 1

How do major life challenges, such as loss, failure, and injustice, test or reveal the human spirit?



Discussion question 2

Is the human spirit inherently good, neutral, or capable of both extremes? Why?



Discussion question 3

Is there a connection between the human spirit and purpose, or meaning to life?



Discussion question 4

How can individuals cultivate or strengthen their own human spirit?



Discussion question 5

How does empathy relate to the human spirit? Can it be developed?



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Day-1 Part 3

Closing Take Aways



"What is one thing (or a few things) you heard today that changed, challenged, or expanded your possible understanding about the human spirit?"

Other thoughts about today?

30-60 seconds per person

My summary and a look ahead

Day 1 reflections

What we will cover on Day 2

Introduce Carl Jung and discuss his concepts

- Truths and Ideals in the Morning and Evening of Life
- Four Stages of Life

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End of Day 1

Exploring the Human Spirit

Thank you

