

BRAINSTORMING EXERCISE

THE ANCIENT GREEKS HAD TWO WORDS FOR TIME: **CHRONOS** AND **KAIROS**. WHILE **CHRONOS** MOMENTS ARE QUANTITATIVE AND REFER TO CHRONOLOGICAL OR SEQUENTIAL TIME, **KAIROS** MOMENTS ARE OF A QUALITATIVE, PERMANENT NATURE AND REFER TO CIRCUMSTANCES THAT OPEN UP MOMENTS OF OPPORTUNITY. **OPPORTUNITY FOR IMPACT.**

THINK ABOUT THE **IMPACTFUL MOMENTS** IN YOUR LIFE - TIMES WHEN YOU WERE ESPECIALLY:

SAD OR SYMPATHETIC

HAPPY OR HOPEFUL

WORRIED OR FRIGHTENED

ANGRY OR FRUSTRATED

EMBARRASSED OR DISAPPOINTED

INSPIRED OR EXCITED