

THE SEVEN PRIORITIES OF LIFE

SMALL GROUP WORKSHOP & DISCUSSION PLAYBOOK

Welcome to the Small Group Leader's Guide. This playbook is designed to accompany **'The Seven Priorities of Life: Navigating Your Path'** slide presentation. Our goal is to help young adults move from passive listening to active, personal application. The framework is built around Alan Drake's cross-country journey in his 20s, during which he audited his life, sorted his busy calendar into seven categories of priority, and made intentional course corrections.

Use this guide to spark deep conversation, foster vulnerability, and encourage practical life adjustments. This guide splits the content into digestible segments, provides interactive discussion prompts, and offers fully fleshed-out group activities to build community.

PART 1: THE CATALYST (THE BUS RIDE & SCHEDULE AUDIT)

Context: Staring out the window of a cross-country bus, Alan Drake realized his schedule was cluttered with busywork but lacked clear direction. He realized we must audit our life trajectory to ensure we are not wasting our time on trivial distractions.

Discussion & Reflection Prompts

Group Discussion Prompt: "If you were on a long, quiet cross-country trip today with no Wi-Fi or cell service, what thoughts about your current daily routine and life trajectory would start bubbling up?"

Individual Reflection: "Are you currently giving your primary time and energy to things that will actually matter in the long term, or are you spending massive chunks of your life on activities that don't bring lasting value?"

ACTIVITY 1: The Schedule Audit & Sticky Note Categorization

Objective: Visually map out daily busyness against the seven categories of life.

How it works:

1. Give everyone a stack of sticky notes. Have them write down every major activity they spent time on over the past week (e.g., social media scrolling, working, hanging out with friends, exercising, worrying about money).
2. Draw seven vertical columns on a whiteboard, representing the seven priorities in order: *God/Spirituality, Character, Family, Friends & Authorities, Health, Work, and Finances*.
3. Have participants place their sticky notes in the columns where they honestly belong.
4. **The Discussion:** Look at the distribution. Are the columns representing the 'higher' priorities empty, while the 'supportive' or 'work' columns are completely overloaded? Discuss how to shift weight back to the top.

PART 2: CHARACTER & IDENTITY (PRIORITY 2)

Context: Alan Drake notes that character development is taking radical responsibility for personal choices, behaviors, and building a character that you truly admire. It sits high up as Priority 2, directly guiding how we navigate family, friendships, and work.

Discussion & Reflection Prompts

Group Discussion Prompt: "Alan Drake suggests focusing on becoming 'the person that you would most admire.' If you had to describe the most admirable version of yourself in three words, what are they? Does your current weekly schedule support becoming that person?"

Individual Reflection: "When things go wrong, do you take full responsibility for your choices and behavior, or do you find yourself blaming external circumstances?"

PART 3: FRIENDS & AUTHORITIES (PRIORITY 4)

Context: Approaching every external interaction—whether with peers, strangers, or difficult bosses—as an opportunity for real friendship and positive breakthroughs rather than an obstacle or transaction.

Discussion & Reflection Prompts

Group Discussion Prompt: "Drake advises viewing every encounter—even with complete strangers or difficult authority figures—as having the 'potential for real friendship' and 'positive breakthroughs.' How would our daily interactions change if we adopted this mindset instead of seeing people as obstacles or transactions?"

Individual Reflection: "Who is an 'authority figure' or acquaintance in your life right now where you need to seek a positive breakthrough rather than a conflict?"

ACTIVITY 2: "The Breakthrough" Roleplay

Objective: Practice turning ordinary or tense interactions into positive, meaningful moments.

How it works:

1. Divide the group into pairs. Assign one person to be a 'difficult' character (e.g., an overworked boss, an annoying neighbor, a stressed-out cashier, or an intimidating stranger).
2. The other participant must engage with them. However, instead of being defensive or purely transactional, they must actively try to discover a 'potential for real friendship' or create a 'positive breakthrough.'
3. **The Discussion:** After 3 minutes, have the pairs share what worked. Was it a compliment? Asking a thoughtful question? Showing genuine empathy? Discuss how this directly builds personal character.

PART 4: FINANCES & POSSESSIONS (PRIORITY 7)

Context: Re-framing material assets not as end goals, but as supportive resources. They exist to fund and support higher priorities—such as family, health, spirituality, and character—rather than being the center of gravity of our ambition.

Discussion & Reflection Prompts

Group Discussion Prompt: "We live in an intense culture of consumerism and online 'flexing.' How does viewing money and possessions as strictly 'supportive resources'—rather than the ultimate goals of life—challenge the typical modern definition of success?"

Individual Reflection: "Are your financial habits currently serving your higher life priorities (like your health, your family, or your personal growth), or are they draining your energy and distracting you?"

ACTIVITY 3: The "Drop-Off" Challenge

Objective: Identify clutter in life that needs to be let go to make room for higher priorities.

How it works:

1. Remind the group that when Alan listed his activities on the bus, he looked for things that 'needed to be allowed to drop off' his schedule.
2. Have everyone write down **one** habit, obligation, or time-waster they know is bringing no lasting value to their life.
3. In small groups of 3, participants must declare their 'Drop-Off' activity and commit to a 7-day fast from it.
4. They must also choose **one** positive action from a higher priority (like calling a family member, reading a book to build character, or getting outside to exercise) to place in that newly opened time slot.

WRAP-UP: Trajectory and Course Correction

Conclude the session by bringing everyone back together. Remind them that Alan Drake's journey wasn't about instant perfection, but about long-term trajectory. As the small group leader, encourage them that every small choice to align their calendar with their priorities builds a character they can be proud of. Encourage group members to check in with each other next week on their 7-day 'Drop-Off' Challenge.