## Motivation Formula: The River Processing Questions

- In the song, it says, "Sometimes when I'm angry I'm a river raging." What are some things people do when they are angry, and how is that like a river raging?
- The song gives the following example of positive self-talk: "Stay focused, things are not hopeless." How could telling yourself this help you through tough times? What are some other things you can tell yourself to get through a challenge?
- The song talks about the "tortoise and the hare." What can we learn from this fable to help
  us deal with challenges? In the fable, who was more successful at accomplishing their goal?
  Why?
- The song tells us, "When you have faith, there's no need for hoping." Do you believe that? Why? What is the difference between faith and hope?
- The song suggests that it is important to slow down and be patient. What does the song say is the advantage for a slow moving river? How might it be an advantage to take things slow when you are dealing with a challenge?

Other discussion questions or ideas: