

SEIZE THE MOMENT

**MAKE
A LIFE**

During this lesson, Curt spoke of two words during his time in ancient Greek: Chronos and Kairos. Chronos is the normal passage of time. It beats to its own rhythm. We have no control over its outcome because it is constant and unchangeable. Kairos refers to the moments full of opportunities in your life. While Chronos is passive, Kairos is active. We have a big part to play in the Kairos moments of our life. From how we act to how we react, Kairos moments are the most significant moments for our formation.

Taking a Look at Your Chronos

What we are about to do will take some time, but it's going to work! You will need to print out the Discovering Kairos Moments page in the course downloads for this lesson. We want you to think about your life and list 30 of the most significant moments on this page. Underline them or just give them a word. Then, identify these moments with the following prompts:

Bright Spots

What are some of the highlights in your life? What are the moments that have brought you the greatest joy? Bright spots are places in our lives that we can point to as positive times when we lived life to its full.

Pain Points

What are the times of struggle, instability, challenges, or setbacks in your life? Looking back at these now, they might appear fruitful, but they were difficult to navigate at the time.

Heroes

We are made of people who build us up, encourage us, and guide us. Who are the people in your life that have been mentors, coaches, or friends that have shaped who you are?

When you are finished, re-write your Chronos moments in order of time.

** Pro Tip! Brainstorm by category to make it easier! And don't judge if the moment is 'good enough' to make the list.*

Identifying Kairos Moments

In the second video in this lesson, Curt walks through various kinds of Kairos moments. Look back at your 30 Chronos moments; which of these were truly Kairos moments? These moments are the ones that dramatically change your life. They open doors while closing others. You can even think of these moments as so significant that they completely disrupt your Chronos and affect how your life unfolds. Identify and categorize your Kairos in these categories:

Catalysts | Growth Accelerators

When are the moments that accelerated your growth? These could be bright spots or pain points that have provided clarity for your personal mission or focused your trajectory.

Turning Point | Transformational Moments

These moments leave you forever changed. When did events in your life force you to completely change your perspective on the world, your morals, or how you live your life?

Keyhole Moment | Exponential Opportunity

What turning points in your life gave you access to new networks, expansive ideas, and limitless potential? These are the moments when we experience new frontiers.

Mega Moments | Colliding Kairos Moments

These are the biggest moments. They are when all three categories converge, creating the ultimate life-changing experiences.

Future Moments

Identify future moments! Generate your bucket list! The only way to picture the tomorrow you want to create is to know what life entails. Who will be traveling with you on that journey? Curt's mom said, "you will never find peace until you find all the pieces." Your life is a by-product of the pieces that are important to you and your purpose.

This Kairos Moment

As Curt finished the video, we believe you are in a Kairos moment now. In the next lesson, we are going to walk through this moment. It's time to assess the present.