Motivation Formula (Song 1) Processing Questions

- What does the line, “Pain is the fire that brews the steam that can inspire you to pursue your dreams again” mean to you?
- What do you think the author meant when he wrote, “A setback is a setup for a comeback?
- What does change-up mean?
- What do you think about when you hear the words, “I had to choose to change-up to find the real me” as you listen to the song and look at the lyrics?

Other discussion questions or ideas: _____