

FOMO.

The fear of missing out on the wrong things will keep us from centering on the right One.

FOMO is

Deceiving

Frightening

Tempting

Intoxicating

Devastating

We can overcome FOMO:

When we understand gains and losses

When we understand the most important thing in life

CONVERSATION STARTERS

1. Some people have probably heard the term FOMO before, while others may have not. However, everyone has experienced the 'fear of missing out' in the past. Think of a time that you experienced FOMO, how did it affect you? In what ways were you able/unable to cope with the fear that you were missing out?
2. When you experience FOMO, which of the descriptors (deceiving, frightening, tempting, intoxicating, devastating) do you experience the most?
3. Give a practical example from your own experience (either what you did right or what you should have done) that can help others in your group develop ways to combat FOMO when they experience it. How can you handle FOMO better in the future?

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QUESTIONS FOR MY GROUP