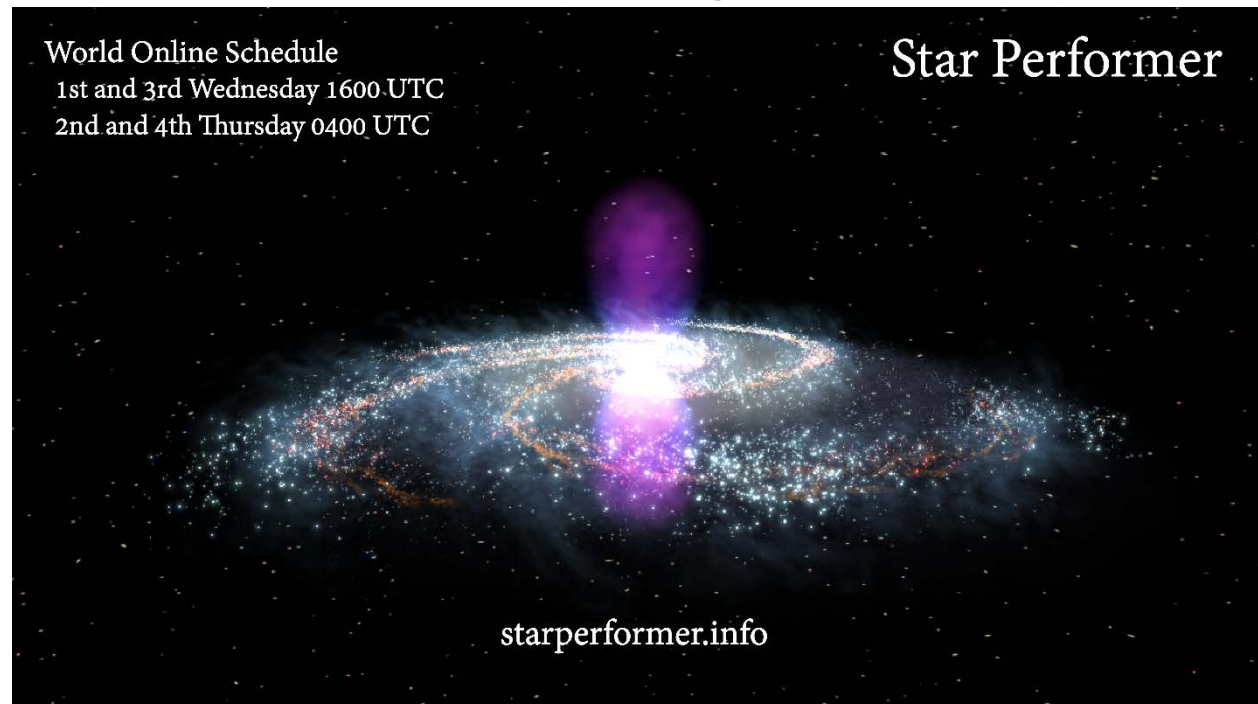


# Star Performer - Challenge Yourself



Star Performer World Schedule

## Table Topics

13 September 2018 UTC 0400 **Star Performer** Meeting 11

Steve J Davis

Timing: 1 to 2 minutes.

Green: 60 seconds. Must meet 60 seconds to qualify.

Yellow: 90 seconds

Red: 2 minutes. Disqualified 30 seconds and over.

Here are some Table Topic questions. Please describe your experiences. Thanks! **Choose 1 to 26.**

### 1. Challenge Yourself.

Describe a defining moment when you challenged yourself.

### 2. Moment of Time.

Describe the moment when time slowed down or stopped for you. Did this happen when you were challenging yourself? Were you challenged? What happened? The event? Series of events? Did Time speed up, slow down, stop?

### 3. What happened when you challenged yourself?

What did you do? What does it mean to you? What about others? Will it last?

#### 4. Discipline. Tapas. Tapasya, Duty.

Tapas is the 3<sup>rd</sup> aspect of the 2<sup>nd</sup> Limb of Yoga in the Yoga Sutras of Patanjali. Describe your experiences. How does it relate to the 8 Limbed Path of Yoga? To life? Ethics? Success?

#### 5. Challenge Yourself Goals.

List them, and exactly how you will accomplish them. Be specific, with a project timeline. What will be the end result?

#### 6. Is there room for everyone to challenge themselves?

If the answer is yes, how can that happen? What will it mean to everyone? If the answer is no, what happens to people who are not challenging themselves? Do the rest of us have to carry the burden of those who do not challenge themselves?

#### 7. What is your advice for someone who says they want to challenge themselves?

Your personal and/or professional example? Tell a story or two to illustrate your points. Your conclusion?

#### 8. What is your advice for someone who says they do not want to challenge themselves?

Your personal and/or professional example? Tell a story or two to illustrate your points. Your conclusion?

#### 9. Public Speaking – Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 10. Theatre - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 11. Music - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 12. Dance - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 13. Sports - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 14. Martial Arts - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 15. Yoga - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 16. Education, Teaching and Learning - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 17. On Camera - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 18. Stagecraft - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 19. Speech craft - Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 20. Visual Arts – Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 21. Healing Arts – Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

#### 22. Performing Arts – Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

### 23. Culinary Arts – Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

### 24. Literary Arts – Challenge Yourself.

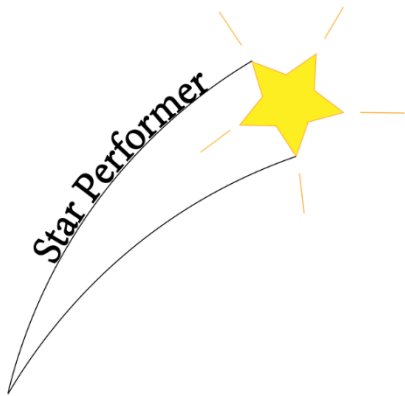
Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

### 25. Leadership, Community, Family, and Politics – Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?

### 26. Spirituality and Religion – Challenge Yourself.

Give an example of your experience. How did you get there? What happened as a result? To others, to you? Your conclusion? If you have not been there yet, what do you think it will be like? How will you get there?



Star Performer

[Please join us at our next meeting! RSVP](#)

[Register on Zoom for Star Performer](#)

# World Online Schedule

1st and 3rd Wednesday 1600 UTC

2nd and 4th Thursday 0400 UTC

- **Please log in 15 to 30 minutes early to test your microphone, headphones and/or speakers, to be comfortable with the Zoom platform.**
- **We start promptly on time. Late arrivals will not be admitted.**
- **No recording devices allowed.**

## Rules

Join URL: <https://zoom.us/j/353762117>

## Table Topics

### Star Performer #7011518

A Prospective Online Corporate Toastmasters International Club, open to the public.

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Let me know if you have any questions or need assistance.

Best regards!

Steve J Davis

Founder and President, Treasurer

**Next Meeting 23 August 2018 UTC 0400**

Please check your meeting time here:

<https://tinyurl.com/StarPerformer-9-YourTimeZone>

Steve J Davis

Founder and President, Treasurer

[Star Performer #701151](#)

[steve.davis@starperformer.info](mailto:steve.davis@starperformer.info)

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Steve J Davis

Founder and Authorized Agent

[Star Performer, LLC](#)

[steve.davis@starperformer.org](mailto:steve.davis@starperformer.org)

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