

THE PSYCHOLOGY OF COOL RUNNINGS

Discussion Guide

Use this guide to talk about perseverance, identity, teamwork, and finding dignity in the dream.

1 BEFORE WATCHING

- What does it mean to believe in a dream that other people do not understand?
- Have you ever wanted something that seemed unusual for where you came from?
- What helps people keep going when they are not taken seriously at first?

2 WHILE WATCHING

- How does each team member respond differently to failure, embarrassment, or doubt?
- What moments show the difference between chasing victory and building character?
- How do pride, fear, and teamwork shape the group as they move forward?

3 AFTER WATCHING

- What made the team's journey meaningful even beyond winning?
- How does the story challenge the idea that dignity only comes from success?
- What did the team discover about identity, belonging, and self-respect?

4 TRY THIS / FAMILY REFLECTION

- Name one dream or goal that feels important to you, even if it looks different from what others expect.
- Talk about a time when effort mattered more than the result.
- What kind of teammate, friend, or family member helps people keep going when things are hard?

DR. Z TAKEAWAY

Sometimes the deepest victory is not proving you belong in someone else's world. It is discovering that perseverance, humor, and heart can carry you into a dream that becomes your own.



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Understanding minds.



Strengthening connections.