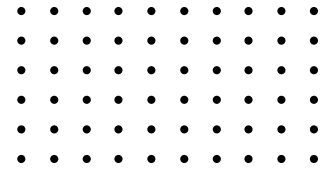


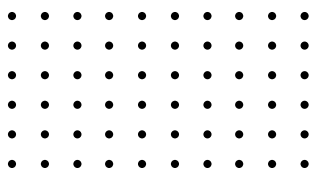
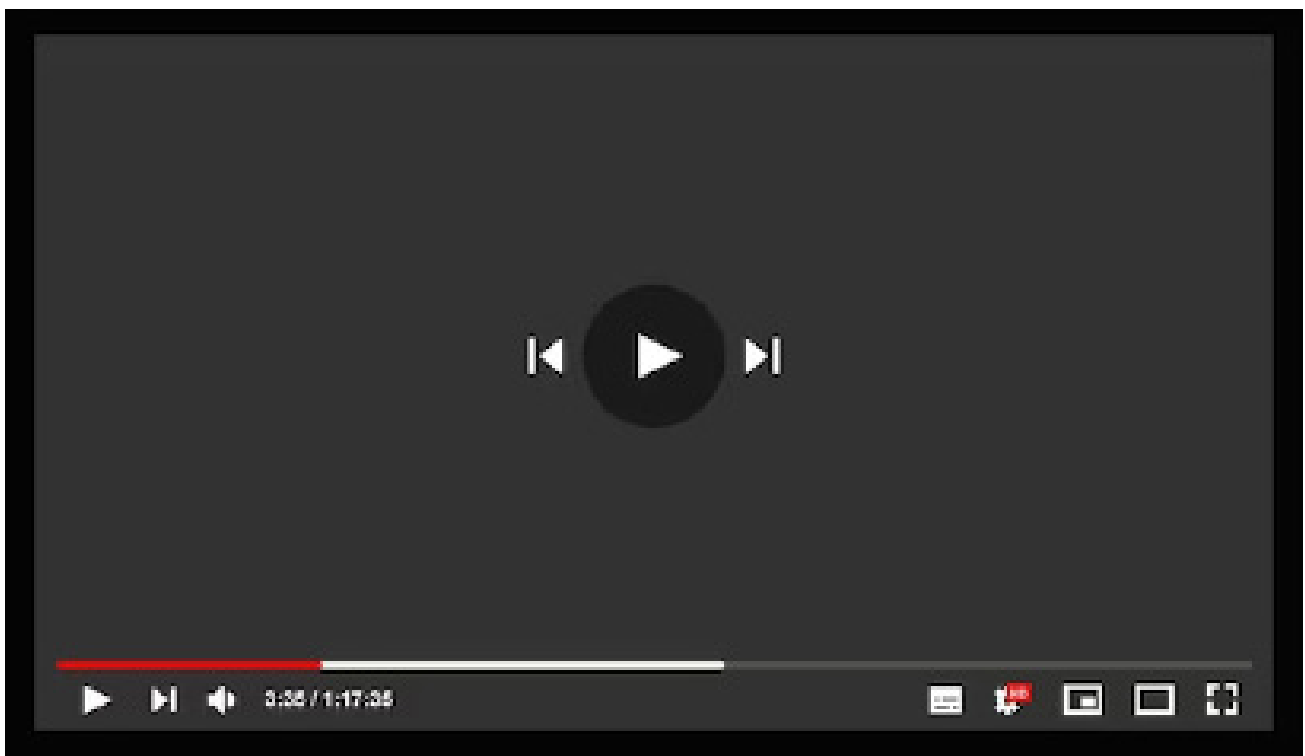
**COMPETE  
EVERY  
DAY**

**BOOK CLUB DISCUSSION GUIDE**



## HOW TO USE THIS BOOK CLUB DISCUSSION GUIDE:

### WATCH THIS FROM JAKE:



# INTRODUCTION

---

## ARE YOU READY TO COMPETE?

The purpose of this PDF is to guide you through healthy discussions with your peers around the concepts and lessons in this book. My hope is that upon completion of *Compete Every Day*, you'll have a renewed focus on the spirit of competition and very specific targets to which you can compete (with yourself) throughout the rest of this year.

To grab your additional book downloads and learn about other resources we've created for ambitious leaders, visit [JakeAThompson.com/reader-resources](https://JakeAThompson.com/reader-resources)

**“IT’S NOT A SINGLE INTERACTION, EXTRA SALE, OR SPECIAL PERSON THAT IS GOING TO CREATE THE INCREDIBLE LIFE-CHANGING MOMENT THAT TRANSFORMS US FOREVER INTO WINNERS. IT’S THE SIMPLE, SMALL CHOICES EVERY DAY.”**

# CHAPTERS

---

## CHAPTER 2: WHY COMPETITION MATTERS

- Q1:** Can you look back on one instance of when you felt uncomfortable or unprepared and still took action? What did you learn from that experience?
- Q2:** What does the concept of “competing every day” mean to you personally?
- Q3:** How do you think adopting a mindset of competition can positively impact various aspects of life?
- Q4:** What’s one small, daily choice that you want to focus on improving over the next 30 days?

**“COMPETITION CREATES OPPORTUNITIES FOR  
US TO GROW AND IMPROVE.”**

# CHAPTER 3: OUTWORK YOUR TALENT

- Q1:** Reflect on the concept of “outworking your talent.” How does this idea challenge traditional notions of success?
- Q2:** If you don’t control talent, what do you control with your current work?
- Q3:** Share an example of someone you admire who exemplifies the principle of outworking their talent. What lessons can be learned from their approach?

**“THE DIFFERENCE BETWEEN EXCITEMENT  
AND NERVOUSNESS IS YOUR LEVEL OF  
PREPARATION.”**



## CHAPTER 4: NEVER LET THE HARD DAYS WIN

- Q1:** Reflect back on your most recent frustrating day. Did you take steps to try and “find the good?” If not, what’s one ritual you can adopt to finish even the hardest days on a positive note?
- Q2:** What’s one way you have reframed adversity as something productive for you long-term?

**“YOUR PAST IS A PLACE FOR LESSONS AND  
LEARNING - NOT LIVING. WHAT MATTERS  
MOST IS WHAT YOU DO NEXT.”**

# CHAPTER 5: EMBRACE THE PROCESS

- Q1:** What does “embracing the process” mean to you in the context of personal growth and achievement? How does it differ from focusing solely on outcomes or results?
- Q2:** Think of a goal or project you’ve pursued in the past. How did your attitude towards the process affect your overall experience and eventual outcome? Were there moments when you struggled to embrace the process, and if so, why?
- Q3:** Leveraging the Scorecard in the book, what are 3 of your daily targets you’ve set to attack? Who is someone who can hold you accountable to scoring your best each week with the Scorecard?

**“WE REACH OUR ‘OVERNIGHT SUCCESS’ BY EMBRACING THE PROCESS OVER COUNTLESS NIGHTS UNTIL OUR OPPORTUNITY ARRIVES.”**

## CHAPTER 6: BUILD YOUR STARTING LINEUP

- Q1:** How could embracing the “*wrong 3*” relationships impact your career or overall success?
- Q2:** What stops most people from building relationships with those who will speak the truth to them consistently versus what they want to hear?
- Q3:** What is a relationship – friend, spouse, mentor, etc.. – who has had a great influence on you and what have you learned from them?

**“YOUR FRIENDS DETERMINE  
YOUR EFFECTIVENESS.”**

# CHAPTER 7: LEAD WITH YOUR ACTIONS

- Q1:** Why is it so important for leadership to start with your actions before your words?
- Q2:** What does it mean to have a “victim’s mindset” to you and why can’t you embrace both it and a Competitor Mindset simultaneously?
- Q3:** Who is someone in your world that embodies the idea of personal ownership and when have you been impressed by their response to a situation?

**“NO ONE IS INSPIRED BY HOW BIG WE TALK.  
THEY’RE INSPIRED BY HOW BIG WE LIVE.”**



## CHAPTER 8: ALWAYS DO YOUR BEST

- Q1:** What are some examples from the chapter or from your own experiences where focusing on controlling the controllables led to better outcomes or improved performance? How do you define “controllables” in your own life?
- Q2:** Share a time when you struggled with factors beyond your control affecting your performance or progress towards a goal. How did you cope with the situation, and what strategies did you employ to refocus on what you could control?
- Q3:** Think about a role model or inspirational figure who exemplifies the concept of always doing their best. What qualities or behaviors do they exhibit that you find particularly admirable, and how can you apply those lessons to your own life?

**“IT DOESN’T MATTER HOW YOU FEEL.  
IT MATTERS WHAT YOU DO.”**

## CHAPTER 9: HELP OTHERS WIN, TOO.

- Q1:** Reflect on a time when someone extended a helping hand to you after you achieved success. How did their support impact you, and did it influence your willingness to help others in return?
  
- Q2:** Consider the potential barriers or challenges to supporting others once we've achieved success ourselves. How can we overcome these obstacles and cultivate a mindset of helping others win, too?

**“LEADERSHIP ISN’T ABOUT THE SIZE OF YOUR FOLLOWING, BUT THE INVESTMENT YOU MADE IN THOSE WHO FOLLOW YOU.”**

# CHAPTER 10: END ON EMPTY

- Q1:** How can the principle of “Ending on Empty” influence your own approach to life and decision-making?”
- Q2:** One of the key messages in this chapter is about living a life of intention and purpose. How do you ensure that your actions align with your values and goals, and what strategies do you use to stay focused on what truly matters?”
- Q3:** The idea of ‘ending on empty’ involves giving your all to pursue your passions and dreams. Share an example of a time when you pursued something wholeheartedly, leaving no regrets behind. What was the outcome, and how did it shape your perspective on living with purpose?”

**“COMPETITORS END ON EMPTY.”**

# NOTES

---

**If you enjoyed *Compete Every Day*, I would be so grateful if you took 30 seconds to leave a review on Amazon [here!](#)**