

Stop Quitting on Yourself: The 5 Rs to Living Your Dreams

Book Club Discussion Questions

Chapter 1: Behind the Struggle

1. What messages have you seen in advertising that suggests change is difficult? Do you think these messages have affected the choices you have made in the past?
2. How does the statement “How you do one thing, is how you do everything” play out in your life?
3. What feelings came up when you said “I am committed to my success” during the Homeplay exercise?
4. What is your take away from the Homeplay exercise?
5. Which of the 5 Rs are you most interested to read and why?
6. What takeaways or awareness did you receive from doing the Homeplay: Ink Diarrhea?
7. What was the most impactful or intriguing concept from Chapter 1?

Chapter 2: Reason: Making it Real

1. Which of the 5 sailor archetypes do you resonate with the most? Why?
2. Share your information for the sentence: What I really want from (insert your goal) is to feel (insert your 3–5 feeling words).
3. How can you feel those 3-5 feelings on a daily basis, so you are not waiting to feel them until you reach your goal?
4. In the Homeplay: NOT! you were to rewrite 3 negatively framed goals. Share your newly rewritten positive goals.
5. Share your experience of chunking down your goals from the Homeplay: Ready, Set, Chunk! ie) Do you feel more motivated? Was the exercise difficult? What support could you still use?
6. From the Homeplay: Fear Brainstorming, share your fears and the solutions you came up with to support you in overcoming these obstacles. If you are stuck in finding motivating solutions, ask for support from the group.
7. Where have you posted your goals?
8. What was the most impactful or intriguing concept from Chapter 2?

Chapter 3: Relationship: Together is Better

1. Share your experience of the Homeplay: Mirror Mirror, when you looked at yourself in the mirror and said “I love and approve of myself”. What thoughts came up for you? What is the lesson, gift or takeaway from this exercise for you?
2. Share your brainstormed list of at least 100 ways to show love, acceptance, respect, and appreciation for who you are. To support others, you can share your group’s list on the Facebook page www.facebook.com/stopquittingonyourself
3. Is having an accountability buddy important to you? Why or why not?
4. Share your Homeplay: Excuses Be Gone statements and solutions. What was your takeaway from this exercise?
5. What was the most impactful or intriguing concept from Chapter 3?

Chapter 4: Re-Write: Old Thought Patterns

1. Have you ever been formally hypnotized? If so, what was your experience like? If not, would you be open to trying hypnosis after reading this chapter?
2. What unsupportive habits do you have throughout your day from Homeplay: Unsupportive Habits? Now that you are aware of these habits, what can you do to refrain from doing them or shifting them into something more positive?
3. What 5-10 unsupportive beliefs are most often running in your mind? How have these beliefs influenced the choices you have made in your life?
4. In the group, have one person read the hypnosis script for everyone else. Next time you meet, switch so a different person reads the next hypnosis script. Discuss which positive suggestions you would like as a group beforehand.
5. What was the most impactful or intriguing concept from Chapter 4?

Chapter 5: Repeat: Rituals and Habits

1. Would you consider yourself to be more like a mole or a floater? How does this effect you achieving your goals?
2. From the Homeplay: Mind Tracker, Inventory, and Journal, which of these exercises do you think would be most beneficial for you?
3. Are you more motivated by being pulled towards something or moving away from something? What quadrant of the Homeplay: Positive Negative was largest? How can you use this awareness as you work towards achieving a goal?
4. What triggers you to choose unsupportive actions? What solutions or pattern interrupts did you brainstorm for overcoming these triggers?
5. What question(s) from Homeplay: Asking Questions has been most powerful for you? Or which one do you think would be most powerful for you?
6. Set a timer for 2 minutes and write as many things as you can that you are grateful for. Discuss your lists with the group.
7. Share your 5 successes for today. How does focusing on your successes feel in your body and mind?
8. Share one thing you are very proud of accomplishing in your life and celebrate like crazy in your group.
9. Do you think celebrating is important? Do you celebrate often? Why or why not?
10. What was the most impactful or intriguing concept from Chapter 5?

Chapter 6: Rest and Rejuvenate: Powering Up and Down

1. Do you drink your recommended daily water intake? If not, what steps will you take to increase your water intake?
2. What was your experience of the Homeplay: Deep Breathing and Body Talk?
3. Do you typically have screen time before going to bed at night? Can you commit to unplugging for at least 1-2 hours before going to bed in the future? What feelings come up for you as you commit to this?
4. Share your experience from the Homeplay: Islands of Success. How did you feel before and after doing the exercise?

5. As a group, brainstorm ways a person can have fun everyday. Are you open to committing to doing at least one fun thing from the list everyday for the next 21 days? If so, set up an accountability system within the group to keep everyone accountable to their commitment.
6. With your group, practice Homeplay: Laughter Yoga together. You can do this by just starting to laugh. Of course, it will be fake laughter at first, but within a short period of time it will transform into a full on belly laugh! Note, how you feel before and after doing this and share with the group.
7. What have you done to stretch outside your comfort zone this week or what will you do next week? Brainstorm some ideas as a group of ways to stretch outside of your comfort zone. Remember everyone has a different size of comfort zone, so what is a stretch for one person may not be for another.
8. How does it feel before and after you stretch outside your comfort zone?
9. What was the most impactful or intriguing concept from Chapter 6?

Chapter 7: Perfectly Imperfect

1. Have you noticed the different parts of riding the ring in your life? What stage of the ring are you currently in? How is that showing up in your life?
2. What morning and evening rituals have you chosen to implement on a daily basis? How does it feel to do these activities if you have started already? What feelings are you wanting from taking these action steps everyday?
3. Share your experience of the Homeplay: Future Unfolding. What was your takeaway from this exercise? How will the awarenesses you received from the exercise shift your behaviour going forward?
4. What resources from the resource list have you read or what courses you have already taken? Share your experience of the book, video or course with the group.
5. What powerful resources are not on the list that have positively influenced your life?
6. What was the most impactful or intriguing concept from Chapter 7?
7. Share your experience of your book club and your favourite exercises or resources on the Facebook page www.facebook.com/stopquittingonyourself or email amber@lightenuptherapy.ca