

The Book Club

Guide

You didn't read this book just to feel motivated. You read it because something in you knows you're capable of more. This guide is built to turn that into conversation — and conversation into change. Use it with a team, a group of friends, your family, or on your own.

HOW TO USE THIS GUIDE

There are ten sessions — one per chapter. Read the chapter before you meet, then work through the session together. Each one takes 30–45 minutes and follows the same simple flow:

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| DISCUSS | A few honest questions to open the conversation. |
| GO DEEPER | One question that asks more of the group — with room to write. |
| GROUP CHALLENGE | One action to carry into the week before you meet again. |

ONE GROUND RULE: SEEK TRUTH, NOT PRAISE

This only works if people are honest. The goal isn't to impress each other — it's to grow. Make it safe to be real, listen without fixing, and let the hard answers be the ones that matter most. The right people don't flatter you. They sharpen you.

Short on time? Pair the chapters into five sessions (1–2, 3–4, 5–6, 7–8, 9–10) and pick the questions that land most for your group.

SESSION 1 Own It. Every Day.

Anchor: "The moment you take ownership is the moment your life becomes yours again."

DISCUSS

1. When something goes wrong, where does your mind go first — a reason, or a way forward?
2. Chris asks "What could I have done differently?" after being let go. Where in your life is that the harder, better question?
3. Where have you been waiting for a circumstance or a person to change before you act?

GO DEEPER

Name one situation you've been explaining instead of owning. What would full ownership look like there?

THIS WEEK'S GROUP CHALLENGE

Pick one area you've been blaming on circumstances. This week, take one action that's fully within your control — and report back.

SESSION 2 Time Is Your Edge

Anchor: "You don't need more time. You need to stop assuming you have it."

DISCUSS

1. Where are you being present versus merely available with the people who matter most?
2. What are you telling yourself you'll do 'later' — and what would change if later were gone?
3. What's one ordinary moment you'd give anything to have back?

GO DEEPER

Where is your time actually going right now, and is it moving you toward the person you want to become?

THIS WEEK'S GROUP CHALLENGE

This week, be fully present for one hour with someone who matters — phone away, fully there. Notice what changes.

SESSION 3 The Comfort Ceiling

Anchor: "You didn't hit your limit. You just found where it used to be."

DISCUSS

1. Where have you mistaken comfort for a strategy — staying busy or safe instead of growing?
2. Comfort → Fear → Learning → Growth: which stage do you tend to retreat at, and why?
3. What's a conversation, risk, or step you've been avoiding because it feels uncomfortable?

GO DEEPER

Where in your life is there 'more space above the ceiling' than you've let yourself believe?

THIS WEEK'S GROUP CHALLENGE

Do one thing this week that lives just past your comfort ceiling — the thing you'd normally talk yourself out of.

SESSION 4 Train Your Inner Voice

Anchor: "The doubt may still have a voice, but it no longer gets a vote."

DISCUSS

1. What does your inner voice say in the moment right before you hesitate?
2. What 'I am...' label have you been repeating that may be a pattern, not a permanent truth?
3. Awareness, challenge, replacement, action — which step is hardest for you?

GO DEEPER

Name one belief about yourself you've accepted as fact. What evidence actually argues against it?

THIS WEEK'S GROUP CHALLENGE

Catch your inner voice once this week in real time. Pause, challenge it, and act anyway. Bring the story back to the group.

SESSION 5 Relentless Improvement

Anchor: "The past is for lessons, not residence. Visit it. Learn from it. Just don't move in."

DISCUSS

1. Where's the line for you between reflecting on something and reliving it?
2. Where have you treated one setback or missed day as proof you've failed completely?
3. What does 'coming back faster' — the guardrail, not perfection — look like in your life?

GO DEEPER

Think of a recent setback. What's the lesson in it, and what's one adjustment you can make from it?

THIS WEEK'S GROUP CHALLENGE

Choose one area where you've drifted. Make the small correction this week instead of waiting until you're 'in the ditch.'

SESSION 6 Seek Truth. Not Praise.

Anchor: "You can protect your ego, or you can improve your performance. You don't get both."

DISCUSS

1. Who in your life tells you the truth — and are you actually listening?
2. Where might you be choosing validation over feedback that would help you grow?
3. What's a blind spot someone once named for you that you didn't want to hear?

GO DEEPER

Is there feedback you've been avoiding because it might be true? What is it?

THIS WEEK'S GROUP CHALLENGE

Ask one person you trust a question you've been hesitant to ask. Listen without defending. Share what you heard.

SESSION 7 Unlock Your Hidden Gear

Anchor: "The hidden gear isn't another level of talent. It's another level of honesty."

DISCUSS

1. Where have you been coasting — giving what's convenient instead of your best?
2. Describe a time you stayed in it a little longer than you wanted to. What did you discover?
3. What's an excuse that sounds reasonable but you know is comfort asking for the decision back?

GO DEEPER

Where do you already know you have more to give but haven't been asking it of yourself?

THIS WEEK'S GROUP CHALLENGE

The next time you want to stop this week, stay in it just a little longer. Notice what was still there.

SESSION 8 Lead Before You Are Asked

Anchor: "Confidence isn't built in big moments. It's built in kept promises."

DISCUSS

1. Where are you leading well elsewhere but not leading yourself?
2. What's something you've known you should do but keep waiting to feel ready for?
3. How is self-trust built or broken by the small promises you keep — or don't — to yourself?

GO DEEPER

What standard do you need to hold yourself to so you become someone you can fully trust?

THIS WEEK'S GROUP CHALLENGE

Make one promise to yourself this week and keep it — no matter how small. Tell the group what it was.

SESSION 9 Finish What You Start

Anchor: "Most people don't fail. They leave too early."

DISCUSS

1. What have you started but not finished — and where exactly did the energy fade?
2. The stonecutter's rock looks unchanged until it splits. Where might unseen progress be happening for you?
3. What's the difference, for you, between motivation and ownership?

GO DEEPER

What's one thing worth finishing right now — and are you willing to stay with it after the excitement is gone?

THIS WEEK'S GROUP CHALLENGE

Take the next concrete step on something you've left unfinished. Just the next step.
Report it back.

SESSION 10 Leave People Better

Anchor: "Success is what you achieve. Significance is who is better because of you."

DISCUSS

1. Who made you better, and what specifically did they do?
2. Where could you be more present, more honest, or more encouraging with the people around you?
3. What's the difference between the success you've chased and the significance you want to leave?

GO DEEPER

If someone described your impact on them a year from now, what would you want them to say?

THIS WEEK'S GROUP CHALLENGE

Ask of one interaction this week: 'What would great look like for this person?' Then do that. Share what happened.

FINAL GATHERING

Closing the Book, *Starting the Work.*

You've worked through all ten concepts together. This last conversation isn't about reviewing the book — it's about deciding what you do now that it's over.

REFLECT TOGETHER

1. Which of the ten concepts hit you hardest — and why that one?
2. What's different about how you're showing up now versus when the group started?
3. Where have you seen someone else in this group grow? Tell them.

MY ONE COMMITMENT GOING FORWARD

Don't try to change everything at once. Name one concept, one habit, one commitment you'll carry beyond this group.

"You have already survived one hundred percent of your hardest days. The question isn't whether there is more in you. It's what you'll do with it now."

— Chris Sund, You Are Capable of More