

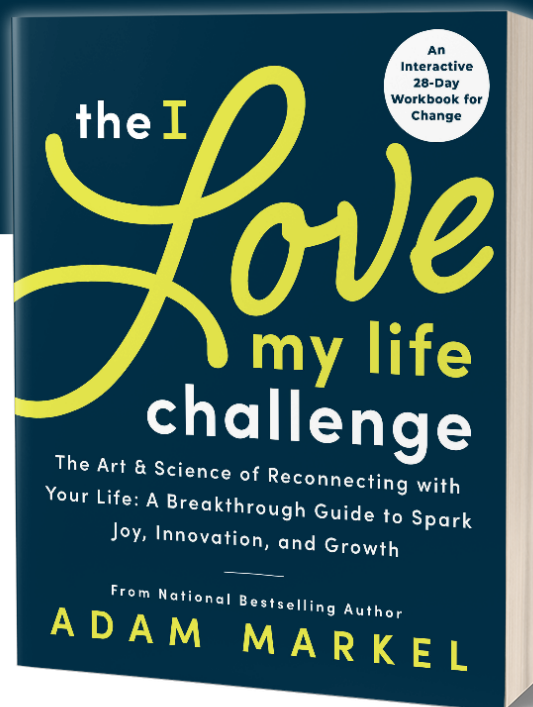
A Guide to Spark Joy, Innovation, and Growth:

I Love My Life Workbook

By Adam Markel

Includes printable worksheet for meeting participants

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Book Discussion Questions

Week 1: The Power of Resilience

1. Changing our beliefs can be one of the hardest things to do. Our beliefs give us comfort, an anchor in rough seas. But beliefs that worked during one period of our lives often don't serve us well in another stage of life. Which beliefs are holding you back? Which can drive you forward?
2. Resilience draws on the inner strength we all have and provides an anchor through the storms of rapid change. It gives us the grit to not just survive, but thrive in challenging circumstances. Resilience is something you create before you need it. What are your safety plans, your lifeguard attitude (or disposition or conviction or philosophy), that you need to apply to your mindset to feel secure as you venture out in your new goals?
3. Rescuing yourself from despair or hardships brought on by rapid change, is a personal journey, but you're not alone. Who in your network / community can you learn from? How did they overcome and grow? Identify your supporters and reach out. What specifically will you ask of them?

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Week 2: Recover Yourself

1. What would you like your life to look like? List out as many goals, traits, and dreams you would like to see actualized as you can. Then, identify why they are not your reality. What's the hold-up?
2. There is likely an overall weakness that is holding you back across multiple goals. Knowing this about yourself, how can you use your strongest traits to overcome? Instead of reacting to a crisis, resilient leaders ask, "What's the creative opportunity here?" And then they take action. In your business and life, take an inventory of the outside obstacles and reframe each one. Where are the creative opportunities?
3. Often when we are looking at the discrepancy between our goals and where we find ourselves, it is time to re-envision our next steps and go back to basics. To regain the meaning in our lives, we need to create a powerful new vision. Where is your overall vision leading you?
4. The best way to recharge your business and life on a daily basis is through rituals. One way to help you determine which rituals to establish is to understand your starting point: In which areas of resilience do you require the most recharge? Find out by taking the quick resilience assessment at **Your.ResilienceCulture.com**. Understanding your baseline, what rituals can you rely on in times of stress? How can you make time for them daily, weekly, monthly, or simply as needed?

Week 3: Come into Your Own

1. Resilient leaders are able to improvise—to create, innovate, and open up possibilities for the future. One way to achieve this is through mentorship, learning from others who have walked this path. How can you move the needle in your career, your profession, and make the world better for it? What can you do to lead your family, community, or friends forward? Is there something that will make your home environment happier? Make your community even better?

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2. Think of those in your life who need support, care or accountability to achieve some of their big dreams. How can YOU be the change in their life? Outline a person you can coach, their goal, and your role in making it a reality. Then help them make it happen!
3. Agility is about moving from living in reaction, which comes from a place of fear, scarcity, and panic, to living in response, which means acting from knowingness, rehearsals, practice, and plans. What fears can we eliminate (thereby making your life happier) by simply moving forward with agility? How can you tie your fears to agile responses to create overall harmony in your day-to-day?

Week 4: Grace

1. You are creating patterns for joy in your life and opportunities for happiness and achievement that you can lean into. In order to thrive, not just survive, you're going to need to schedule your energy—every day. For true success, your biggest win will be if you can find more energy to apply against your goals. What fills you with energy that you can then apply to your life to create momentum? What other activities are either neutral or drain you of energy so you can avoid them?
2. Another big component in being able to love your life is maintaining momentum on your goals. One of the simplest tactics I have found to remind myself daily of how much I love my life is to literally wake up and exclaim it to myself. Let's now take some time to create a mantra for you. Something you can go back to and say daily that is in alignment with your BIG GOALS for happiness. I call this the 10-Second Reset!

"Break down all the internal barriers you are clinging to and learn how to love your life, regardless of circumstances. Because there will ALWAYS be circumstances, so we need to learn how to overcome, to become resilient, and to love our lives anyway."

— A D A M M A R K E L

Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!

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