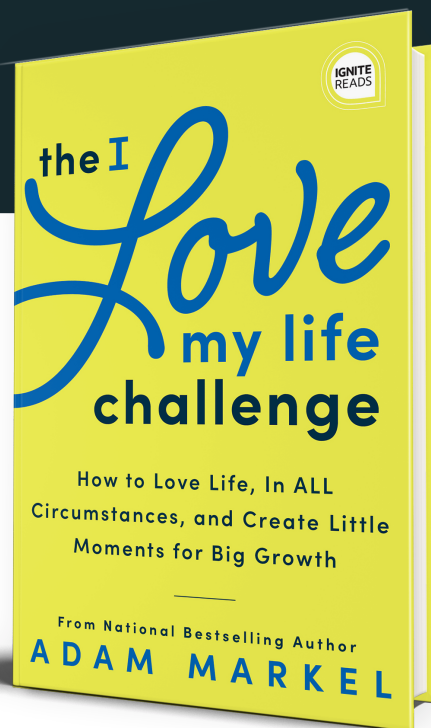


# A Guide for Sparking Joy, Innovation, and Growth:

*The I Love My Life Challenge*  
By Adam Markel

Includes printable worksheet for meeting participants  
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## BOOK DISCUSSION QUESTIONS

### CHAPTER 1: Not on My Watch

1. What belief(s) are you holding on to that are no longer serving you?
2. Is there a new belief that would serve you better?
3. What would change in your life if you embraced this new belief?

### CHAPTER 2: Radical Honesty

1. What signposts have you been ignoring?
2. What do you need to get radically honest about in your own life?
3. What would change in your life if you got radically honest about this?

### CHAPTER 3: Reframe

1. What obstacle(s) are you facing that would benefit from a reframe?

2. If you practice “pause, ask, and choose”, what greater truth is behind that situation?
3. What would change in your life if you reframed this obstacle?

### CHAPTER 4: Re-vision

1. What are you ready to re-vision in your own life?
2. When you revisit your past experiences, what are the common threads and breadcrumbs among them?
3. What would change in your life if you re-visioned this experience?

### CHAPTER 5: Recharge

1. What do you currently do to recharge and how does it help you?
2. What rituals could you implement to ensure you are recharging every day?
3. What impact would intentional recharging have on your life?

### CHAPTER 6: Agility

1. In what ways do you practice agility in your own life?
2. What could you do to improve your own agility?
3. What impact would improving your agility have on your life?

### CHAPTER 7: Improvisation

1. Has there ever been a time when you were in uncharted territory and you improvised a solution?

2. What guidance system(s) did you or could you use to support your ability to improvise?
3. What impact would it have on your life if you further trusted your ability to improvise?

### CHAPTER 8: Beyond Leadership

1. In what ways do you model leadership for the people you influence?
2. In what ways do you or can you mentor or guide the people in your sphere (either formally or informally)?
3. What impact would it have on your own life, community, or organization if you passed the torch by creating more leaders?

### CHAPTER 9: Harvest

1. What steps are you ready to take to reap the harvest and love your life now?
2. What personal and/or professional bounty will you harvest by making these changes?
3. What impact will your making these changes have on the people around you?

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**What if you decided to**  
*love your life* **no matter what?**

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

Corporate Account Manager – Lance Vanderhagen | Phone: 630-961-3900 x 247 | Toll-free 800-900-3427 x 247 | Email: lance.vanderhagen@sourcebooks.com