

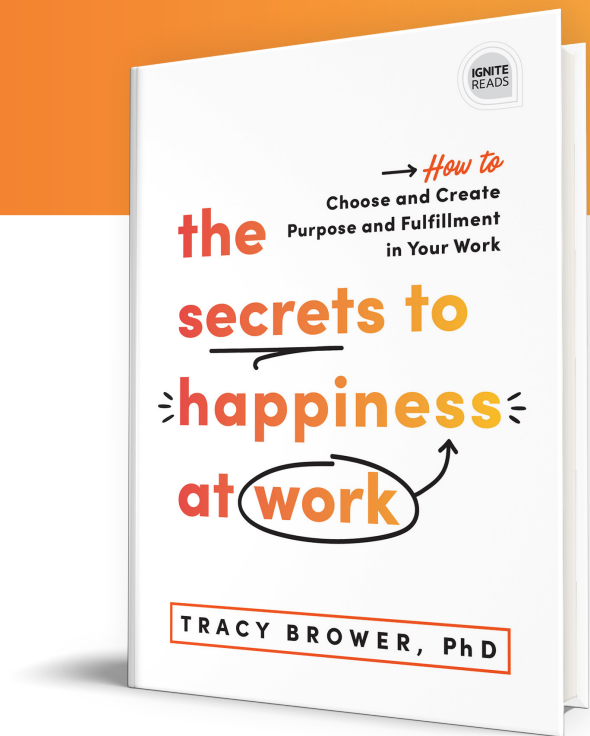
Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com

A Guide for Creating Purpose and Fulfillment at Work

The Secrets to Happiness at Work
By Tracy Brower

Includes printable worksheet for meeting participants
©2021 Simple Truths, LLC



BOOK DISCUSSION QUESTIONS

Chapter 1 – Choosing Joy

- Consider the myths of work-life described in chapter one. Which of these have you found yourself believing and what have been the implications for you?
- Consider brain science and how to nurture great experiences through neuroscience. Which of these have you tried and found to be successful for you?

Chapter 2 – Choosing Purpose

- Purpose is typically about three things (a sense of the bigger picture, a realization of how your work contributes to the bigger picture, and an appreciation of how you're contributing to other people). What are examples of jobs or roles where you've felt greater levels of purpose?

Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com

The Secrets to Happiness at Work
By Tracy Brower

- On a scale of 1-10 (where 10 is high), how would you assess your typical level of optimism?
What are the conditions that cause you to be more or less optimistic over time?

Chapter 3 – Choosing Culture

- Thinking of your job, to what extent do you feel like there is alignment between what you *love* to do and what you *have* to do?
- Have you ever been part of an organizational culture that was a great match? What did that feel like?

Chapter 4 – Choosing Relationships

- In what ways do you believe social media helps or hinders your relationships with others?
- Thinking of times when you had worked on a team and it was been especially rewarding, what were the conditions that contributed to that positive experience?

Chapter 5 – Choosing Growth

- Can you think of a time when you said yes and took a risk to try something new—perhaps before you felt you were ready? What was that experience like? How did it turn out?
- Have you ever had a situation where you failed and were able to learn from the experience and turn it into growth and insight for the future? What were the biggest things you learned?

Chapter 6 – Choosing Success

- Do you play at work or with colleagues? How might you bring more play to your experiences?

Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com

The Secrets to Happiness at Work
By Tracy Brower

- To what extent do you subscribe to hustle culture? How has your experience of hustle culture changed over the years (increased, decreased, stayed the same)?

Chapter 7 – Choosing Alternatives

- Have you ever had a colleague that was in a job they didn't love? What advice did you give them? How did you support them?
- When you're not feeling a good match between you and your job or you and your company, how have you coped? What alternatives have you made?

Chapter 8 – Choosing More

- How do you manage your boundary between work and home/personal? How has this changed over different periods of your life?
- Considering the advice to 'dream small', how might you reduce the size of your dreams to achieve more? What do you make of the paradox that by striving less you'll feel more fulfilled?

**“Joy is within your grasp. You can create it,
cultivate it, and choose it. Enjoy!”**

— Tracy Brower

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