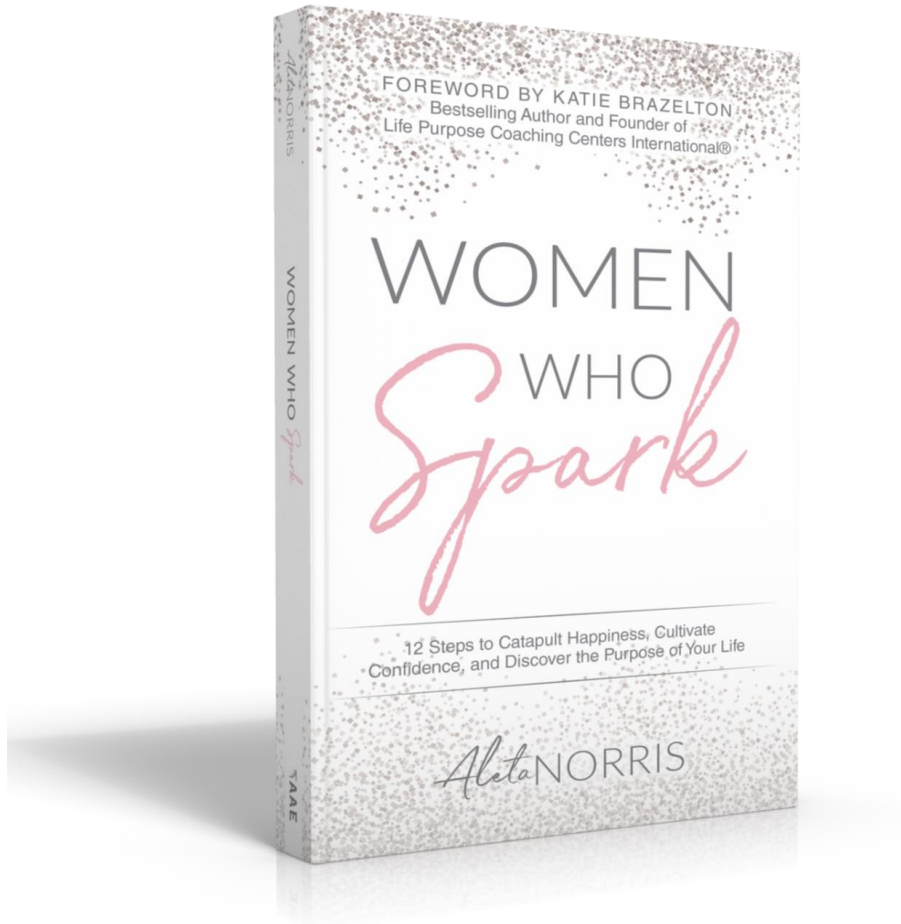


WOMEN WHO SPARK: 12 Steps to Catapult Happiness, Cultivate Confidence and Discover the Purpose of Your Life

BOOK CLUB DISCUSSION GUIDE



Hello Friend!

Hi, and thank you for reading my book!

So, you're thinking about pulling some girlfriends together to gather around my book for your book club chats. (Yeah yeah...I know about the wine drinking!)

This guide might just help you.

You have two choices:

1. You can do a deep dive, likely over a few conversations.
2. You can take a more holistic approach and net out the book in one group chat.

Both of these options are outlined in this guide.

If you'd like a deeper dive with some accountability, Women Who Spark Boot Camp might be a fantastic journey to consider. You can learn more at www.aletanorris.com/bootcamp.

Enjoy your 12 steps to catapult your happiness, cultivate your confidence and discover the purpose of your life.

XOXO

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Book Club Discussion Guide

A woman needs her tribe! Chatting about things with others often makes the difference. Your girlfriend group or book club can be your friendly accountability team. If you talk about it out loud, it is more likely to take hold.

This book is not meant to be entertainment. Well, not exactly. Maybe a titch entertaining. Mostly, it's work. And, you are worth it to do the work.

You can approach your discussion group in a couple of different ways. If you'd like to take on a comprehensive approach, you can have everyone in the group take the Women Who Spark Life Assessment (aletanorris.com/shop) and discuss the book step-by-step, along with your assessment results.

Or, you can take on a more holistic approach and talk about the book in one or two conversations and skip the assessment. I've provided discussion questions for both approaches.

YOUR COMPREHENSIVE APPROACH

1. Women Who Spark Life Assessment:

- a. What did you learn from your results?

- b. What three priorities are you going to focus on?

- c. What is your strategy for each of your priorities?

2. Part One: Your Foundation

- a. What have you come to know more clearly about yourself?

- b. What have you uncovered from your past that you need to let go of?

- c. What areas of your life are going best for you?

- d. What areas are disappointing you?

3. Part Two: Find Your Sparks

- a. What simple things make you happy?

- b. What “I’ll be happy when” will you let go of?

- c. What is getting in the way of your confidence?

- d. What will you do to become more confident?

- e. What disappointments have been affecting you?

- f. What will you do to deal with disappointment?

4. Part Three: Make Everything Brighter

- a. What are you doing to make someone else’s day?

- b. What are you doing to make your day?

- c. What are you doing to rob yourself or others of joy?

- d. In what ways can you more successfully remain calm in your life?

5. Part Four: Discover Your Bigger Purpose

- a. What seeds have been stirring in you over time?

- b. What would you love to do that you haven’t acted on yet?

- c. What is your first step?

- d. In what way does fear get in your way?

- e. What can you do to move beyond fear?
- f. What do you want to focus on?
- g. What needs your attention on the operations side of your life?
- h. What special purpose or passion would you like to advance?
- i. What is your first step toward advancing this purpose or passion?

6. Your Final Thought: Where do you go from here?

A MORE HOLISTIC APPROACH

1. What were the key take-aways for you as your read through *Women Who Spark*?
2. What did you learn about yourself?
3. What two areas of your life do you want to focus on?
4. What is your strategy to approach your areas for improvement?
5. What passion or dream is percolating within you?
6. What first (or next) steps will you take to advance your passion or dream?