



## DISCUSSION QUESTIONS for BOOK GROUPS

*questions developed by Katy Keim at Book Snob*

### **Chapters 1-3**

What do you do to ensure your own happiness? What could you do to make yourself even happier?

Is Carter's mandate to put on our own oxygen masks first really just an excuse for selfishness?

Do you expect effort and enjoyment, or are you more focused on achievements and end-results?

When do you embody a growth-mindset? A fixed-mindset? Do you have plans to promote more growth-mindset thinking in yourself or those around you?

### **Chapters 4-6**

What do you need to forgive so that you can be happy yourself? How do you teach and model forgiveness?

How do you help coach your children through different feelings, particularly negative ones?

What's the one habit or routine you would change in your family?

### **Chapters 7-9**

Do you set enough boundaries and limits with your kids? Can you say no?

How do you remain present with your kids—are you playful, savoring, mindful?

How are you thinking about raising kids with grit?

### **Chapter 10**

What are your family's dinnertime rituals? Do the kids help prepare the meal or clean up?

Which of the nine steps do you think you will incorporate most frequently and easily into your evening meal?

If you had to share the one biggest takeaway you had from the book, what would it be?