



find your
EXTRAORDINARY

DISCUSSION GUIDE

Dream Bigger, Live Happier, and Achieve Success on Your Own Terms

By Jessica DiLullo Herrin
@jessicaherrin #helloextraordinary

Pick a question from each chapter to spark a conversation in your community.

Chapter 1: Say Goodbye, Ordinary

- 1. Define extraordinary:**
What is your authentic definition of success? Can you think of a time when the opinion of others influenced you to pursue different goals?
- 2. What are your hard limits to protect your happiness?**
Are you setting firm lines around things like family dinner, business travel, exercise and recharge time?
- 3. Do you feel like you won the lottery?**
Despite your toughest circumstances, how are you lucky?
- 4. Do you believe you are in control of creating your own life experiences?**
What do you believe is a bigger factor in driving your success: external circumstances or internal choices? What obstacles do you face? Can you identify others who have overcome them? How?

Chapter 2: Believe in Yourself Beyond Reason

1. **A mother lode of confidence.**

Can you recall a time in your life when you struggled with confidence, either personally or professionally? What did you do to overcome this struggle? Do you observe a general difference in the level in confidence in the men versus women that you know? If so, why?

2. **How brave are you?**

Break up into pairs or small groups and ask each other the questions in the “How Brave Are You?” box on page 39 of the book (reprinted below).

Discuss your answers with the larger group. Do common themes emerge?

- What would you do if fear were not a factor? Have you ever let fear hold you back?
- Who is on the list of people you are trying to impress? Is it a very short list of the people you love the most? And are you at the very top? Or do you live your life trying to impress other people, even some you don't care all that much about?
- Do you embrace the philosophy that the only way to fail is to have never tried? Do you see failure as a necessary stepping-stone on the path to greatness?
- Who are you sharing your bold goal with? That helps make it real. Who do you think will help keep you accountable? How?
- What is the first thing you are going to do that is daring, that helps you accomplish your goal? What small action could you take that would advance you along the path to your goal?

Chapter 3: Passion

1. Put an ear down to your heart, and listen hard.

- Can you remember what kind of play you most enjoyed when you were a child? Can you tap into this same passion in your adult life?
- When you were little, what did you want to be 'when you grew up'?
- What would you do for free everyday? What professions engage in similar activities?
- If you could only support one cause, which one would it be?

2. Passion grows from passion.

Who is the most passionate person you know? What drives his or her passion? What in your life can you picture yourself being that passionate about?

3. Your future self.

Have everyone close their eyes as one volunteer narrates the future-self exercise on page 67. After the passage is done, share with the group:

- What did your future self tell you about life?
- How does your future self measure success? Is it a number on an income statement? A job title? Is it hugs, kisses, and laughter? Friendships and community?
- What did your future self see as your greatest achievement?

Chapter 4: Find Your Path

1. **Dreams can change when you do.**
Can you recall a time when your path in life took an unexpected turn? A time when your best-laid plans were shot to hell? How did you get back on track? What did you learn from the experience?
2. **What's your why?**
What's the life goal that means the most to you? Now ask yourself, WHY is that goal so important? What higher purpose does it signify?

Chapter 5: The Power of a Positive Mind

- 1. Your thoughts are not you and they are not true.**
What are some stories that your negative mind tells you about yourself? Is this story true? Is it important? Is it helpful? If you were debating with your negative mind in court, what evidence would you give to disprove this story?'
- 2. Mini mental vacays.**
Do you believe mindfulness is important? Do you have a regular routine of strengthening your mental health as you do your physical health? Do you think recharging your smartphone is more important than recharging your mindset?
- 3. Ask what good can come from something bad.**
Are you currently experiencing a difficult situation in your life? What are at least two to three positive things that could come from it? It doesn't matter how tiny and absurd these statements are. You are trying to interrupt the negative stream in your mind.

Chapter 6: People

1. **The people who make us grow.**

Is there someone in your life who is constantly a source of belief, confidence and strength? Who lifts you up when you are down, and helps you be the most extraordinary version of yourself?

Can you name someone you met early on in life – maybe a teacher in school, or a mentor at your first job, or a family member you idolized – who made a real imprint on the person you would later become? Why did this person have so much impact on you? Who currently impacts you in that same way?

2. **Don't let the naysayers sit in your front row:**

Do you believe your attitude is influenced by the people around you? Is there someone in your life that tends to doubt you or makes you feel less than? Are there people in your life that tend to express more frustration than gratitude? How does this impact your mood and actions when you are around them? How can you reduce the space this person takes up in your life and the negative impact they have on you?

3. **Dominos and linchpins.**

Who has been a domino or a linchpin in your life? How did they positively impact you? Do you see value in appreciating both the dominos and linchpins in your life? Do you actively seek to surround yourself with high-quality people?

4. **Become the leader you want to follow.**

Break up into groups of 2 and use the questions on page 158 of the book as prompts. What are some other small things you can do help make people around you feel just a bit happier each day?

- Do you regularly reflect on how you make people feel after your interactions?
- Are you an active listener?
- Do you connect daily with the people in your life?

Chapter 7: Perseverance

- 1. Permission to quit.**

Do you believe you have to give up things you like to get things that you love? What's something you quit in your life to get something else? Do you have regrets or gratitude for that decision?
- 2. The "do not quit" list.**

Do you regularly set goals? What's on your "Do Not Quit" list that's in accordance with your values and your definition of success? (Look back to the list of goals you sketched in Chapter 1 for inspiration). How do you stay accountable to your goals? Do you share them with others?
- 3. You are stronger than you know.**

Can you think of a time you were tempted to quit something, but didn't? What gave you the strength and motivation to keep going when the going got rough?
- 4. You climb a mountain one step at a time.**

Can you think of a goal that you've had in mind for some time, but have been too intimidated or daunted to tackle? What one tiny step could you take today to get started?

Chapter 8: Productivity

- 1. Dropping the rubber balls.**
Do you feel like your life is a juggling act? Do you believe it is ok to leave some things undone? How do you identify which balls are rubber, and which are glass? How can you give yourself permission to drop the rubber ones, making it easier to keep those glass ones in the air?
- 2. You manage yourself, not your time.**
Can you think of a time you used the excuse “I’m too busy” to explain why you didn’t do something important, whether it was attend a friend’s birthday party, exercise, or nurture a relationship? Now ask yourself, were you *really* too busy, or did you simply not choose to prioritize this activity? If it’s the latter, how could you have chosen differently? What low-value activities could you have given up to make time for these high-value ones? Could you replace the phrase “I’m too busy” with “I don’t choose that”?
- 3. Don’t let other people hijack your time and priorities.**
Can you think of a time where you’ve felt your time was hijacked by someone else’s priorities? How might you avoid it in the future?
- 4. Value Your Time to Have It Yield Value.**
How did you create value towards your *top* priorities with your precious time this week? Plot the use of your time by effort and impact. Do you continue low-impact activities and run out of time for high-impact ones? Why? How can you shift your efforts to create more of what you want in life?

IMPACT 	Identify and do first: high impact, low effort.	Do second and try to simplify: high impact, high effort.
	Eliminate: low impact, low effort activities.	Eliminate first (just say no): low impact, high effort activities.
		EFFORT 

Chapter 9: Gratitude

1. **Gratitude brings us happiness.**

Is there someone in your life who always seems grateful, no matter what life throws at him or her? How does he or she do it? What kind of impact does their gratitude have on them, and the people around them?

2. **Every day is a gift.**

What are the good things in your life that you tend to take for granted? What can you do to remind yourself to be grateful for them, each and every day?

Chapter 10: One Tribe

1. Give up the guilt.

Do you continually experience feelings of guilt? About what and why? Do you hold yourself to unrealistic expectations? Can you commit to yourself, out loud, in front of this room full of supportive women, to releasing yourself of them? Remember that giving up on being perfect doesn't mean giving up on being extraordinary.

2. Are you a mother judger?

Have you ever felt judged – whether it was real or imagined?

- If you're a mother who works outside the home, do you feel guilty or judged? Why?
- If you're a mother who opts not to work outside the home, do you feel guilty or judged? Why?
- If you're not a parent, do you feel guilty or judged? Why?
- What remarks made you feel judged and what impact did this have on you? Are you certain this person intended the insult, or could it have been imagined?

Are males and females judged the same for the same choices?

Have you made judgmental remarks about others?

- Would you make the same remarks about a male? If not, why not?
- How would you feel if the remarks you made were announced on stage in front of your community and children? If you would feel shame, why?
- If you see a gender difference in judgments, what difference do you think that causes in the workplace and how does this impact the happiness gap?

3. Get happy on the rise.

- Do you believe the gender gap in happiness is real? If so, why? What do you think you could do to help rid yourself of guilt and judgment?
- What would you do to offer gratitude and not guilt to others?
- What impact would cultural change have on your children?

Conclusion: Hello Extraordinary

No time like the present. Are you ready to leave ordinary behind? Which area of your life do you want to focus on first? Refer back to the six Ps, and start by picking a passion you want to ignite. Which passion is it? Which of the 6 Ps do you think you need to hone the most to be successful in achieving this new goal?

Who can you inspire? Who do you know that is ready to achieve more on their own terms. Who will you pass this book on to?

Who can you recognize? Tell them in person or tag them online, letting them know what you admire about them. #HelloExtraordinary is all about recognizing the extraordinary in one another, inspiring others, celebrating choices different than your own, and expressing your gratitude— every single day.

Look who said goodbye to ordinary

Go to www.helloextraordinary.com and join the community of extraordinary women recognizing extraordinary in one another. See others supporting one another and inspiring one another to live their best lives.