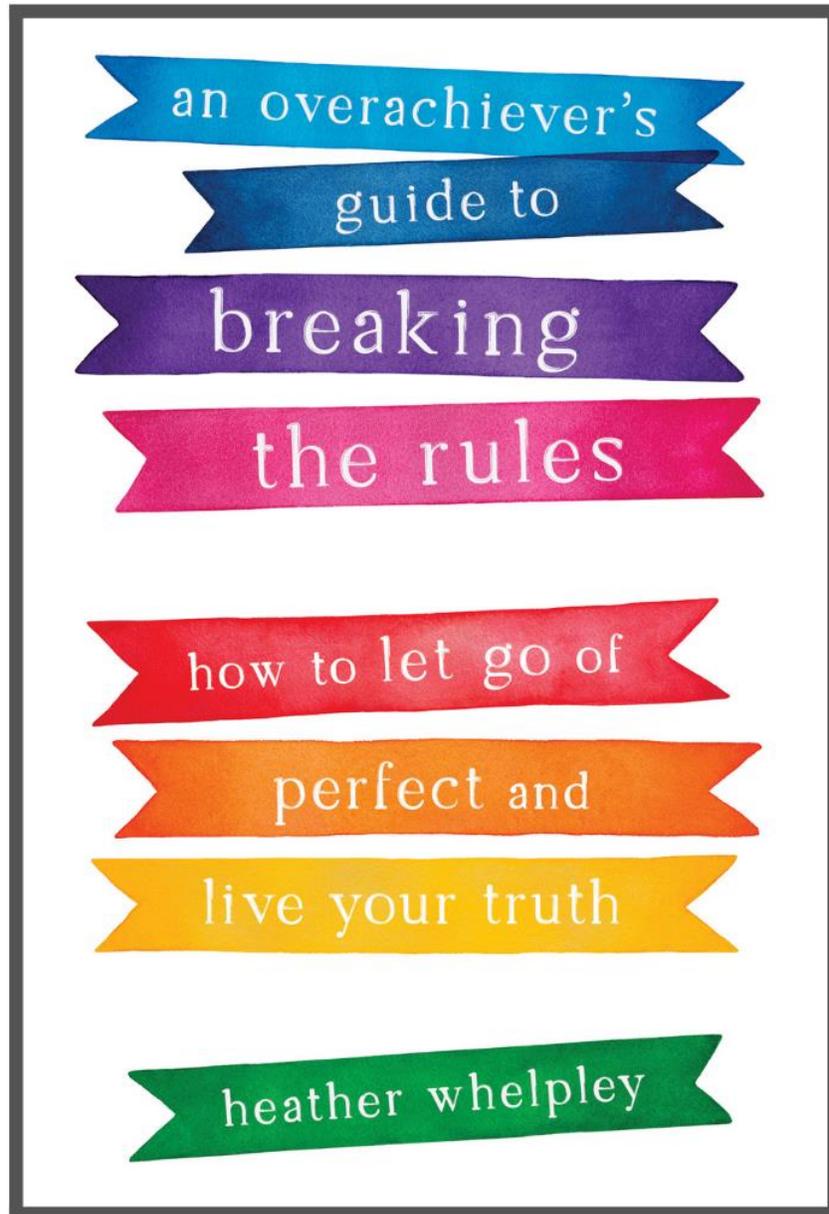


Book Club Discussion Guide

*An Overachiever's Guide To Breaking The Rules:
How To Let Go Of Perfect and Live Your Truth
By Heather Whelpley*



Before You Begin Your Discussion...

Discussing limiting beliefs, perfectionism, and overachieving tendencies can be vulnerable. They are often rooted in deep stories and they can be difficult to share publicly. There is also great comfort in knowing how many women face similar struggles and discussing those challenges openly – and great power in sharing how you are letting go of the rules you've been following and creating a new story for yourself. At the start of your discussion on *An Overachiever's Guide To Breaking the Rules: How To Let Go Of Perfect and Live Your Truth*, I recommend laying out and agreeing upon the following guidelines:

- Acknowledge this is a vulnerable topic. Emotions may arise during the discussion and that's okay! All emotions are welcome.
- Trust is the key to being able to share openly. Maintain confidentiality. What is discussed at your book club stays with the book club.
- Listen openly to others' experiences without putting your own beliefs and stories onto another participant in your discussion. Do not tell someone what they should or should not be feeling or that something they experienced wasn't real.
- At the end of the discussion, move towards actions and takeaways. It is important to have forward movement coming out of the discussion. The questions in the rest of this guide will provide that framework.
- Enjoy! Discussing *An Overachiever's Guide To Breaking the Rules: How To Let Go Of Perfect and Live Your Truth* is a great opportunity to learn more about yourself and build trusting relationships with those in your discussion group.



Discussion Questions

1. In Chapter One, What Are You Proving?, Heather shares the realization that the root of her overachieving and perfectionism was overcompensating for her weight and lack of interest from boys when she was younger – and for being single without children as an adult. She was proving her worth through achievement in school and work because she felt behind in these other areas of her life. What came up for you as you read Heather’s story? What are you proving through achievement, perfectionism, and people-pleasing?
2. Heather writes that the unwritten rules of our lives often come from our families, culture, and the goals and desires of our younger selves. Sometimes these rules become limiting beliefs that hold you back from fulfilling your true potential and enjoying life. What rules are you following? Where did they come from?
3. What benefits do you get from overworking, perfectionism and people-pleasing? What are the consequences for you?
4. In I’ve Got This, Heather talks about needing to do it all on your own and the challenge of asking for help as two additional pieces of the pie in how you got into overachieving perfection mode. Is asking for help hard for you? If so, what gets in your way?
5. In Two Kinds Of Imposter Syndrome, Heather explains the official type of imposter syndrome where you feel like a fraud and under-assess your skills, qualifications and experiences, as well as the new type of imposter syndrome where you feel like a fraud in your life as a whole because you’re not following your authentic path. How does imposter syndrome show up for you?
6. How do you experience your inner critic and true inner voice? If your group did the visioning exercise ahead of time (get it on my website at www.heatherwhelpley.com/book) you can also discuss your takeaways and the messages you each received from your true inner voice.
7. What are some of your slow-down practices? Share ideas that work well for each of you to slow down and reconnect to your true inner voice.
8. How much do you live in your head vs your body? What is different for you when are grounded in your body? Do you show up differently? Feel differently?
9. In Rediscover Your Creativity, Heather tells how seventh grade art class ruined the belief in her own creativity for decades. What’s your creativity story?



10. Heather shares multiple definitions of joy in Chapter Ten, Reclaim Your Joy. How does joy feel to you? What helps you to experience more joy in your life?
11. Heather creates a new definition of success that is Desire x Being x (Impact + Meaning). What did you take away from this new definition? How is your personal definition of success different from the one you've been taught?
12. Chapter Eleven, Reset Boundaries, is all about saying no and reclaiming your time and space. What is hard about saying no for you? What is your motivation to say no and set boundaries more often?
13. In Reform Your Fear, Heather shares the fear that often arises when you break the rules you've taught and start living in a different way. When have you experienced fear like this? How have you gotten through it?
14. In The Journey Continues, Heather tells us that letting go and reconnecting to yourself is a practice that happens over and over again. Even when you think something is done and taken care of, it can come roaring back out of nowhere. This is really frustrating, especially for overachievers and perfectionists that want to check a box and be done. Where do you need to give yourself grace?
15. In the final word, Heather shares her real reason for writing the book – to start a revolution of powerful women changing the world, one unhurried step at a time. What does this look like for you?

