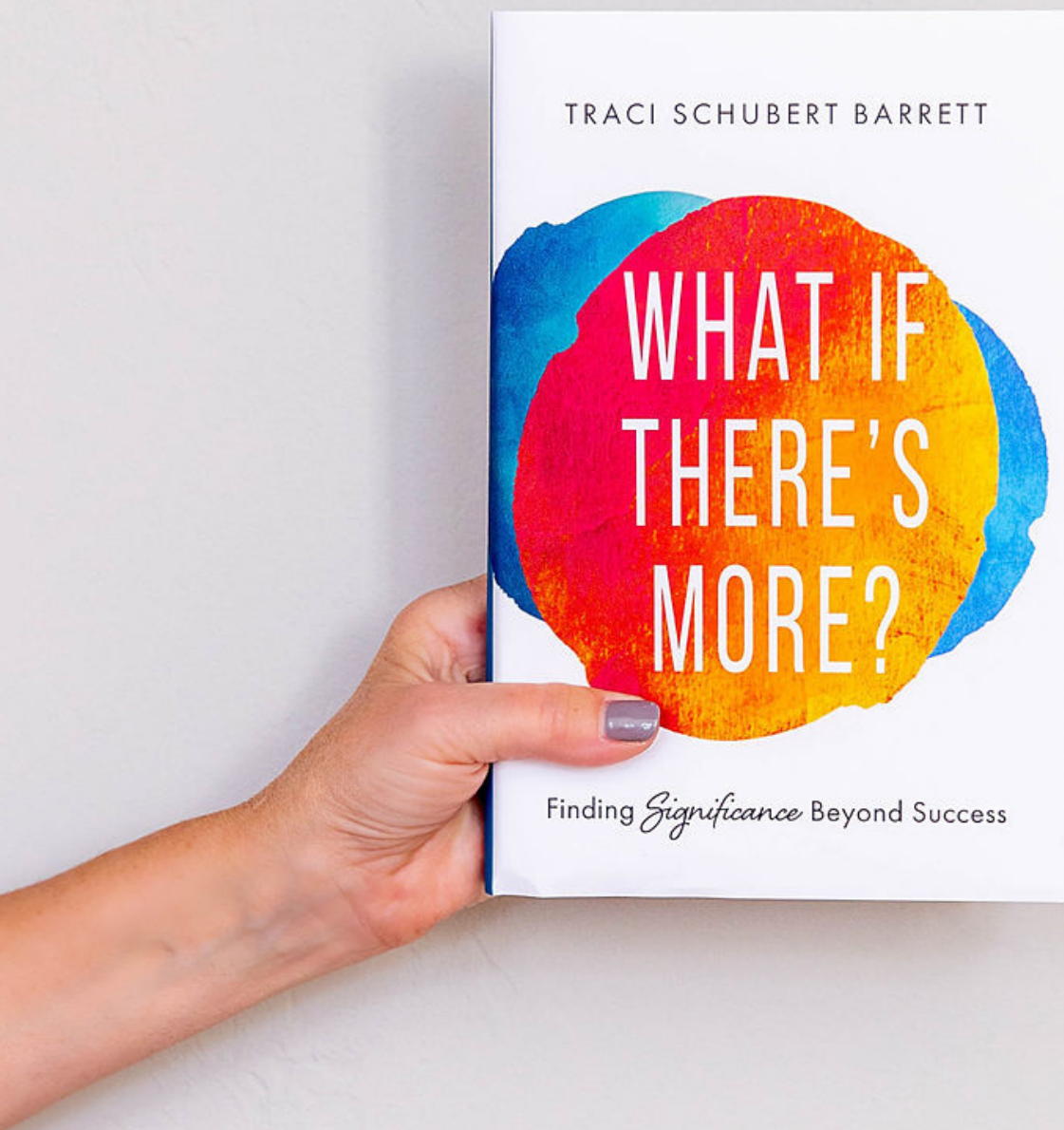


# WHAT IF THERE'S MORE? FINDING SIGNIFICANCE BEYOND SUCCESS

## Book Club Guide



# Hello, Book Club Folks!

I am so excited that you have come together to wrestle through some big questions, go deep together, and ultimately build lives of significance!

I hope you provide a safe space for each other to get real, be vulnerable, and cheer each other on. There is power in numbers and you can become an invaluable support system to each other.

At the end of each chapter of the book, there are reflection questions. We have pulled those together in one handy document for you to fill out and use as discussion points. I feel the best approach is to take one chapter at a time and spend the week really working through your answers. You'll have lots to discuss and share!



Most of all, get real, be authentic, and have fun! (snacks and drinks might help here!)

*Traci*

# CHAPTER ONE: YOUR SUCCESS

## REFLECTIONS

- Reflect on all your achievements to this point.
- How have you defined success?
- What voids do you feel you spend time trying to fill?
- What are you currently craving in your life?

# CHAPTER TWO: YOUR SIGNIFICANCE

## REFLECTIONS

- What questions are you wrestling with today?
- What do you feel you need more clarity on?
- What drives you to get out of bed in the morning?
- How would you define a life of significance?

# CHAPTER THREE: YOUR STORY

## REFLECTIONS

- What are the key pivotal points of your life story?
- As you look over your list of positive and negative pivotal points in your life, how did each alter the trajectory of how you got to where you are today?

# CHAPTER FOUR: YOUR PATTERNS

## REFLECTIONS

- As you reflect on your life, past and present, what are the labels, limiting beliefs, and generational influences you see?
- Take some time to cross out the labels you no longer wish to carry, rewrite the limiting beliefs into positive affirmations, and recognize the generational patterns that need to be ended.

## CHAPTER FIVE: YOUR MINDSET

## REFLECTIONS

- How would you rate your view of, and commitment to, a Longevity, Wisdom, and Contentment Mindset?
- How can you best optimize each of these Mindsets in your life?

# CHAPTER SIX: YOUR LIFE COMPASS

## REFLECTIONS

- Take time to sketch out your Unique Talents, Current Passions, Core Values, and Purpose Statement.
- Are you committed to each part of your Life Compass and using it in all your Life Zones? If not, what are some changes you need to make to be in alignment with your Life Compass?



## CHAPTER SEVEN: YOUR HEALTH

## REFLECTIONS

- Consider each area of your Personal Health: Physical, Mental, Intellectual, and Spiritual. Rate each area on a scale from 1-5 (5 being optimal).
- Make a list of the activities that could improve your score for each category. The list can include aspirational activities with the hope that you will commit to them in the future.

# CHAPTER EIGHT: YOUR VILLAGE

## REFLECTIONS

- Take some time to outline your Village. What family members and friends are in your village, and how are each of the relationships?
- Do you have a trusted group of advisors?
- How do you engage your community?
- Outline some steps you need to take to strengthen and fortify your village.

# CHAPTER NINE: YOUR WORK

## REFLECTIONS

- What do you like or dislike about your current vocational work?
- Is there opportunity to use your talents, passion, and purpose in your current role or in your current company?
- Do you feel like you are doing good work that aligns to your core values?
- Are you able to work toward mastery, with agency, and feel a connection to those around you? Do you have any dreams you long to realize?

# CHAPTER TEN: YOUR FUTURE

## REFLECTIONS

- Take time to complete the Legacy Statement Exercise.
- Sketch out your Life Vision Statement.
- Reflecting upon each of these statements, what are the steps you need to take in order to get there?
- Create at least one Life Rock for each Life Zone and outline action steps for each.

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For additional information and resources go to [www.tracischubertbarrett.com](http://www.tracischubertbarrett.com)  
and follow Traci on Instagram @tracisbarrett.

"It is time to reclaim you and chart a new course to the life you want. You don't have to go far. The answers lie within you."

