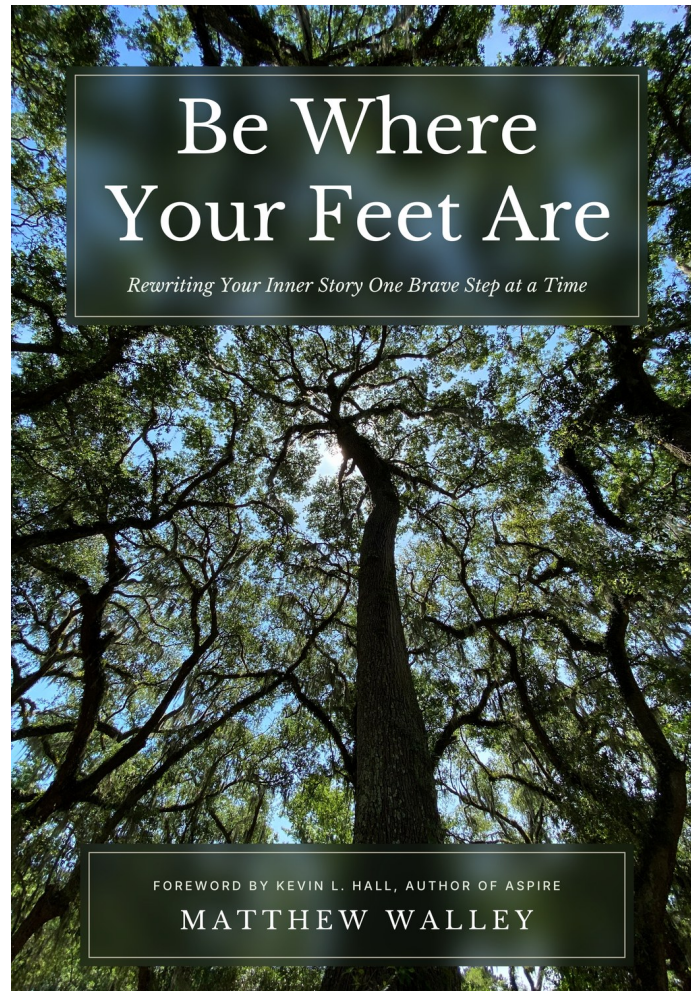


A GUIDE FOR BOOK CLUBS, GROUPS, AND TEAMS



Discussion Guide



Practicing Be Where Your Feet Are Together

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Contents



Better Together	3
Choosing Your Rhythm	4
The Shape of a Session	5
Our Group Agreements	6
Notes for Facilitators	6
Opening Session	7
Chapter 1: Be Where Your Feet Are	8
Chapter 2: The Stories We Tell Ourselves	9
Chapter 3: Awareness Before Change	10
Chapter 4: From Reaction to Response	11
Chapter 5: What You Water Grows	12
Chapter 6: Thought, Feeling, and Alignment	13
Chapter 7: The Unrepeatable Life	14
Chapter 8: The Cave and the Gift	15
Chapter 9: Action Alleviates Anxiety	16
Chapter 10: Resilience Is Not Hardness	17
Chapter 11: Gratitude as Grounding	18
Chapter 12: From Blessings to Blessing Others	19
Chapter 13: Love Without Self-Abandonment	20
Chapter 14: Morning, Rhythm, and Ritual	21
Chapter 15: Community, Environment, and Becoming	22
Chapter 16: The Next Chapter	23
Closing Session	24
Taking It Further	25

Better Together

I wrote this book to be practiced, not just read. You can move through it on your own, one chapter at a time, and it will meet you there. But in my years of coaching, training, and creative work, I have seen the same thing again and again: people change faster, deeper, and more lastingly when they do the work in good company.

This book is dedicated to three friends who believed in me more than I believed in myself. That is not a coincidence. Much of what I know about becoming, I learned because other people held up a mirror, held me accountable, and held hope for me until I could hold it for myself. A group can do that for you, too.

WHY A GROUP MULTIPLIES THE IMPACT

- **Others see our left turns.** In “An Analogy About Awareness,” someone has to point out the turn you have driven past for years. In a group, you have several people doing that for one another, gently and with care.
- **Saying it aloud makes it real.** A new story spoken in front of witnesses is stronger than one whispered in a journal. Every time you name a truer belief out loud, you are reinforcing the new pathway this book describes.
- **Accountability turns intention into practice.** A Micro-Courage Practice is far more likely to happen when you know someone will ask, “How did it go?”
- **We learn we are not alone.** As the poem “Humanity” puts it, “We each are unique but fight battles quite common.” Hearing someone else voice your private struggle is one of the most freeing experiences a person can have.
- **Hope is easier to hold together.** Chapter 15 asks you to find people who can hold hope for you until you are ready to hold it yourself. A group that meets with honesty and kindness becomes exactly that kind of community.

WHO THIS GUIDE IS FOR

This guide works for book clubs, coaching cohorts and workshops, faith-based and spiritual small groups, workplace teams and leadership programs, circles of friends, couples, and families. No prior coaching experience is needed to lead it. What matters most is a willingness to show up honestly and to listen well.

Choosing Your Rhythm



The book is meant to be read slowly, so choose a pace that leaves room for practice between meetings. Three options work well:

Format	Sessions	Best For
The Eight-Week Journey (recommended)	8 weekly sessions	Most groups. Two chapters per session gives enough content for rich discussion and a full week to practice.
The Deep Dive	17 weekly sessions	Coaching cohorts and groups who want to follow the book's advice of one chapter at a time. Begin with the Opening Session, then one chapter per week; combine Chapter 16 with the Closing Session.
The Retreat	5 sessions over a weekend	Retreats and intensives. One session per Part, with the Opening Session folded into the first. Choose two or three questions per chapter.

THE EIGHT-WEEK JOURNEY AT A GLANCE



Session	Read Before Meeting	Theme
1	Introduction, A Practice for Becoming, Chapter 1	Arriving
2	Chapters 2 and 3	Stories and awareness
3	Chapters 4 and 5	Response and attention
4	Chapters 6 and 7	Alignment and uniqueness
5	Chapters 8 and 9	Courage in motion
6	Chapters 10 and 11	Resilience and gratitude
7	Chapters 12 and 13	Giving and boundaries
8	Chapters 14, 15, and 16, Closing Thoughts	Becoming and beginning again

When a session covers two chapters, choose three or four questions from each. You do not need to answer every question. The best conversations usually come from going deeper on fewer questions.

The Shape of a Session



Each gathering runs about 75 to 90 minutes. Keeping the same shape every week builds trust and lets people relax into the conversation.

Segment	Time	What Happens
Arrive Where Your Feet Are	5 min	Feet on the floor. Three slow breaths together. Each person offers one word for how they are arriving.
Practice Check-In	15 min	Share how last week's Micro-Courage Practice went: what you tried, what happened, and what you noticed. Celebrate attempts, not just outcomes.
Read the Poem Aloud	5 min	A volunteer reads the chapter's poem. These poems were written to be heard. Let the whimsy land; laughter is welcome.
Discussion	30-40 min	Work through the questions you have chosen. Follow the energy in the room.
Practice Together	10-15 min	Try the chapter's group exercise.
Choose Your Courage	5 min	Each person names, out loud, the one practice they will commit to this week.
Close	5 min	Go around once more and answer: "Where are my feet right now?"

Our Group Agreements

Read these aloud at your first gathering and revisit them whenever needed. Invite the group to add any of its own.

- **What is shared here stays here.** Personal stories belong to the person who told them.
- **Share by choice.** “Pass” is always a complete answer.
- **Speak from your own experience.** Say “I,” not “you” or “people.”
- **Listen to understand, not to fix.** Offer questions and encouragement. Give advice only when it is asked for.
- **Honor the time.** Leave room for every voice, including the quieter ones.
- **Come as you are.** Every weird kid is welcome here.
- **Celebrate attempts.** Courage counts even when the outcome is not what you hoped.

Notes for Facilitators

- **You do not need to be an expert.** Your role is to hold the space, keep time, and ask good questions. The book and the group will do the rest.
- **Go first.** When you answer a question with honesty, you give everyone else permission to do the same.
- **Let silence work.** After asking a question, slowly count to ten in your head before rephrasing. Reflection often arrives just after the pause feels uncomfortable.
- **Redirect advice gently.** If someone starts fixing, ask the person who shared, “Would you like ideas right now, or would you rather just be heard?”
- **Rotate roles.** Share the jobs of facilitator, timekeeper, and poem reader so everyone has ownership.
- **Use pairs for tender topics.** Some questions are easier to answer with one person than with the whole room. Splitting into pairs for five minutes, then sharing highlights, deepens trust.
- **Practice Partners.** At the first session, pair people up for the week. One midweek text is enough: “Where were your feet today?” Rotate partners every two sessions so the group bonds as a whole.
- **A note on care.** This book is not therapy, and neither is this group. If a member is facing significant distress, follow up privately with kindness and encourage them to seek support from a qualified licensed professional.

Opening Session



Introduction · A Practice for Becoming · “Neuroplasticity”

THE HEART OF IT

This is a book about remembering, and about practice. Insight opens the door, but repetition, application, and time are what carry us through it.

QUESTIONS FOR DISCUSSION

1. The Introduction calls this “a book about remembering.” What is something true that you once knew deeply but have since forgotten?
2. Growth, the book says, often begins with “a willingness to stop outsourcing our power.” Where in your life might you be handing your power to someone or something else?
3. How do you usually read personal-growth books? What might be different if you read this one slowly and practiced as you go?
4. The book compares reading straight through to going to the gym once and expecting to leave in peak condition. Where have you seen repetition change you, in your body, a skill, or your thinking?
5. The Introduction says poetry can open a door that straightforward instruction leaves closed. How do you tend to respond to playful or whimsical writing? What might it open in you?
6. What drew you to this group? What would make our time together worthwhile for you?

FROM THE POEM

In “Neuroplasticity,” our thoughts take the roads they already know. Which roads do your thoughts travel automatically? The poem warns that building a new road “may require some things to explode.” What might need to be cleared to make way for a new path?

PRACTICE TOGETHER

A Letter to Your Future Self. Give each person a card and an envelope. Complete this sentence: “By the time we finish this book, I would like to be practicing...” Seal the envelopes, write your names on the outside, and give them to the facilitator. You will open them at the Closing Session.

CARRY IT FORWARD

Read Chapter 1 and choose one daily anchor moment from its Micro-Courage Practices. Exchange contact information with your first Practice Partner.

Be Where Your Feet Are



THE HEART OF IT

Presence is not passive. It is a disciplined choice to return to what can be done now, and it shrinks overwhelm by returning life to scale.

OPENING THE PART

Part I opens with Eckhart Tolle: “You create a good future by creating a good present.” What would creating a good present look like for you this week?

QUESTIONS FOR DISCUSSION

1. Where does your mind most often time-travel: into yesterday’s regrets or tomorrow’s fears? What tends to send it there?
2. “To be where your feet are is not passive. It is a disciplined presence.” Does that challenge how you have thought about mindfulness? How?
3. “Presence shrinks overwhelm because it returns our life to scale.” Describe a time when focusing on only the next step helped you through something big.
4. “Clarity is often found on the far side of motion.” Do you agree? When has taking action brought clarity that thinking alone could not?
5. Answer the chapter’s bedtime question for a recent day: “Where were my feet today when I actually felt most alive?”

FROM THE POEM

In “Mindfulness,” the poet asks whether we are truly in the shower, at breakfast, or on our commute. Which ordinary moment of your day are you most often absent from? What would it take to be “present right where you stand”?

PRACTICE TOGETHER

Two Minutes Here. Set a timer for two minutes of silence. Feel your feet on the floor and simply notice: sounds, sensations, temperature, breath. Then go around and share one thing you noticed that you would normally have missed.

CARRY IT FORWARD

Choose your daily anchor moment and share it with your Practice Partner.

CHAPTER 2

The Stories We Tell Ourselves

THE HEART OF IT

A thought is not a fact, and an interpretation is not an identity. Our inner stories can be examined, softened, challenged, and rewritten.

QUESTIONS FOR DISCUSSION

1. “This is how temporary pain can become a permanent identity.” Is there a story about yourself that has started to feel more like a verdict than a passing thought?
2. The chapter offers examples such as “Sooner or later, they will find out I do not belong here” and “They do not like me.” Which, if any, sound familiar? Share only what feels comfortable.
3. What is the difference between denying adversity and giving it “its proper proportion”?
4. Hamlet says, “There is nothing either good or bad, but thinking makes it so.” Where does this ring true for you? Where does it feel incomplete?
5. How might this group help each of us notice when an old script is running?

FROM THE POEM

“Humanity” suggests that “some thoughts aren’t your own.” Where might some of your inner critic’s lines have come from? The poem compares negative thinking to a car rolling downhill and positive thinking to pushing it uphill. Why do you think one takes so much more effort than the other?

PRACTICE TOGETHER

Old Script, New Script. In pairs, one person shares a recurring self-story exactly as the mind says it. The partner reads it back word for word. Then the speaker rewrites it to be more temporary, specific, and compassionate, and the partner reads the new version back. Switch roles. Notice how each version feels to hear in someone else’s voice.

CARRY IT FORWARD

Read your new story aloud once a day this week. When the old script appears, silently say “old script” and repeat your new version.

CHAPTER 3

Awareness Before Change

THE HEART OF IT

Awareness is the gate to change. The first brave act is often not action, but honest observation without condemnation.

QUESTIONS FOR DISCUSSION

1. “Most people want change at the level of outcomes while resisting change at the level of awareness.” Where do you see this in yourself?
2. What have you been “soaking in” lately, through media, conversations, and self-talk? Where is the line between being informed and being drenched in noise?
3. “Fatigue disguised as failure. Irritability that is really grief. Hunger that is really depletion.” Did one of these lines stop you? Why?
4. Why is it so difficult to observe ourselves without cruelty? What does self-condemnation cost us?
5. In “An Analogy About Awareness,” what is a familiar right-hand bend in your life, a default you take without thinking? Have you begun to glimpse a left turn?
6. “Before awareness, the right turn was your default. After awareness, it becomes a choice.” How does this idea relieve the pressure to force change?

FROM THE ANALOGY

The analogy closes with a challenge: “If you do not choose your direction, your defaults will choose it for you.” Name one area of life where a default has been choosing for you. What would choosing on purpose look like there?

PRACTICE TOGETHER

Body Scan Together. The facilitator slowly guides a three-minute scan from head to toe while everyone sits quietly. Afterward, each person writes one sentence about what their body may be trying to tell them, then shares one word from that sentence with the group.

CARRY IT FORWARD

Circle one input to reduce and one nourishing input to add, and schedule both within the next 24 hours.

From Reaction to Response

THE HEART OF IT

Between what happens and what follows, there is a space. Naming the adversity, the belief, and the consequence helps us choose a truer, steadier response.

OPENING THE PART

Part II opens with: “Adversity is the moment. Identity is the meaning we attach to it. It is imperative that we guard that meaning well.” What does guarding your meaning look like in everyday life?

QUESTIONS FOR DISCUSSION

1. Think of a recent small adversity. Walk the group through it using A (what happened), B (your first belief), and C (the consequence).
2. When things go wrong, do your beliefs tend to feel permanent, pervasive, or personal? Which pattern shows up most for you?
3. The chapter calls for “not a fake belief, but a truer, steadier one.” How is that different from simply thinking positively?
4. What helps you create space before responding: a breath, a walk, sleeping on it, a delayed reply? What gets in the way?
5. Where in your life would learning to respond rather than react make the biggest difference right now?

FROM THE POEM

“Slow Down and Respond” says reactions “don’t pause to think that right now is not then.” When has an old experience hijacked a new moment for you? The poem says, “Awareness is born when we give it some space.” What did giving it space look like, or what might it have looked like?

PRACTICE TOGETHER

What Else Could This Mean? A volunteer shares a real adversity and their first belief about it. The group brainstorms at least five other possible interpretations, without judging any of them. The volunteer chooses the one that feels truest and says how it changes the consequence.

CARRY IT FORWARD

Each evening, write one A-B-C from your day, then rewrite the B to be more temporary, specific, and less about your worth.

CHAPTER 5

What You Water Grows

THE HEART OF IT

Attention is water. Whatever receives our repeated focus begins to root more deeply, so we must choose carefully what we tend.

QUESTIONS FOR DISCUSSION

1. What have you been watering lately, intentionally or not?
2. “This is not punishment. It is practice.” How does this change the way you see repetitive negative thoughts?
3. The chapter says gratitude widens “the field of vision so that pain is no longer the only thing we can see.” Can you share a time this was true for you?
4. Before asking what you will water, the chapter asks: “What do I want to grow today?” How would you answer right now?
5. What weeds might you stop watering: a habit, a feed, a recurring conversation, a grudge?

FROM THE POEM

“Developing Success” reminds us that “we” is most often far better than “me.” Who has been nurturing soil for your growth? For whom are you that soil?

PRACTICE TOGETHER

Your Inner Garden. On a sheet of paper, sketch a simple garden. Draw flowers for what you want to grow, weeds for what has been getting your attention unintentionally, and a watering can labeled with where your attention actually goes each day. Share one flower and one weed with the group.

CARRY IT FORWARD

Keep a simple watering log this week, noting one thing each day you gave attention to that you want to grow.

CHAPTER 6

Thought, Feeling, and Alignment

THE HEART OF IT

*Alignment happens when thoughts, feelings, and actions move in the same direction.
Our future self is not merely imagined. It is practiced.*

QUESTIONS FOR DISCUSSION

1. The chapter describes people who “desire peace while rehearsing urgency all day.” Where do you notice a gap between what you say you want and what you actually rehearse?
2. “Our future self is not merely imagined; it is practiced.” What would your future self practice every day?
3. The chapter invites gratitude before results appear. Does that feel natural or uncomfortable to you? Why?
4. Think of something you learned through steady repetition, such as a language, a sport, or an instrument. What did that experience teach you about patience with yourself?
5. Which of the three, thoughts, feelings, or actions, is usually the first to fall out of alignment for you?

FROM THE POEM

In “Tapestry,” people believe “Their mirror image needs correction / But what that looking glass reflects / Is processed through their own defects.” Whose voices, from family, society, religion, school, or media, have shaped the mirror you look into? Later the poem says, “Sharing thread may help a friend.” How has generosity strengthened your own tapestry?

PRACTICE TOGETHER

Meet Your Future Self. Each person introduces themselves to the group as their future self, in three sentences and in the present tense: how they think, how they feel, and what they do. After each introduction, the group responds warmly, “Welcome.”

CARRY IT FORWARD

Each morning, choose one small, specific behavior your future self would practice today, and do it.

The Unrepeatable Life

THE HEART OF IT

Comparison measures incomparable things with the same ruler. You are not here to become someone else, but to become fully yourself and let that self be seen.

OPENING THE PART

Part III opens with an image of a bud choosing to blossom because staying closed has become more painful than the risk of opening. Where in your life might staying “tight in a bud” be starting to hurt more than blossoming would?

QUESTIONS FOR DISCUSSION

1. Whom do you compare yourself to most often? What ruler are you using to measure yourself against them?
2. “This is not ego. It is design.” Why do so many of us confuse owning our uniqueness with arrogance?
3. A snowflake looks ordinary from a distance and astonishing up close. When has someone truly seen you “under magnification”? How did it feel?
4. Accepting that we are unrepeatable means accepting responsibility. What has been placed in you that no one else can live in quite the same way?
5. What is one way you have been copying someone else’s path instead of walking your own?

FROM “ONE OF A KIND” AND “ONE OF ONE”

“One of a Kind” contrasts being “one in a million” with being “one of one.” Which phrase lands more powerfully for you, and why? In “One of One,” the speaker says, “I will be a beacon / And love will be my light.” What would it look like for you to let your light shine outward this week?

PRACTICE TOGETHER

Uniquely You. Go around the circle, focusing on one person at a time. Each group member offers that person one specific sentence: “Something I see as uniquely you is...” The person receiving may only say, “Thank you.” Ask someone to jot down the words each person receives so they can keep them.

CARRY IT FORWARD

Ask one trusted person outside the group what they see as uniquely you, and write down their exact words.

CHAPTER 8

The Cave and the Gift

THE HEART OF IT

Comfort is not always peace. Sometimes it is merely familiarity wearing softer clothes. The gift of leaving the cave is self-respect, capacity, and the discovery that fear was not an accurate prophet.

QUESTIONS FOR DISCUSSION

1. The chapter names hard conversations, necessary endings, public risk, creative exposure, honest self-examination, boundaries, and new beginnings. Which of these is waiting outside your “cave of comfort”?
2. Where might a familiar pattern be disguising itself as peace in your life?
3. The chapter describes a low-level pain that becomes a slow burn until we “either shut down or boil over.” Have you experienced either? What did it teach you?
4. “Discomfort is not always a warning. Sometimes it is the friction of our becoming.” How do you tell the difference between discomfort that protects you and discomfort that grows you?
5. Share a time when fear turned out to be an inaccurate prophet.

FROM THE POEM

“What Yonder Breaks” describes people “hiding there within plain sight.” Which parts of yourself do you tend to keep hidden even in daylight? The poem ends with an invitation to “Invite the sun to shine upon / Your heart.” What would that look like for you?

PRACTICE TOGETHER

Fear’s Forecast. Each person writes down one action they have been avoiding and what their fear predicts will happen if they take it. Then they break the action into a single ten-minute step and say aloud exactly when they will take it. Keep the forecasts to compare with reality next session.

CARRY IT FORWARD

Take your ten-minute step within 48 hours, then journal briefly about what actually happened versus what your fear predicted.

Action Alleviates Anxiety

THE HEART OF IT

Hesitation feeds suffering. Purposeful action interrupts helplessness, turns abstract dread into something with edges, and builds progress brick by brick.

QUESTIONS FOR DISCUSSION

1. Which task, decision, or conversation has grown larger in your mind the longer you have circled it?
2. The chapter lists simple actions: “Stand up. Write the first sentence. Make the call. Send the email... Begin.” Which one is yours this week?
3. Action “turns abstract dread into something with edges.” Describe a time when taking a step made a fear smaller and more manageable.
4. “Progress is often less glamorous than people expect. It is built by bricks.” What bricks are you laying right now?
5. Why do you think thinking about a problem so often feels like progress, even when it is not?

FROM THE POEM

“Time On Task Over Time” says, “We each have a ceiling with all that we try / Where our natural talent stops short of the sky.” Where have you reached your ceiling and settled into comfort? The poem also reminds us that “no one is born with the skills of a pro.” What skill have you assumed other people were simply born with?

PRACTICE TOGETHER

The Five-Minute Sprint. Right now, in the room, everyone spends five minutes on one real action they have been putting off: sending the email, booking the appointment, writing the first sentence. Before starting, each person rates their anxiety about it from 1 to 10. Afterward, rate it again and share the difference.

CARRY IT FORWARD

Choose one nagging task, define its first five-minute move, and do only that move.

Resilience Is Not Hardness



THE HEART OF IT

Resilience is not the refusal to bend. It is the willingness to bend, root more deeply, and rise again with an open heart.

OPENING THE PART

Part IV opens with Albert Camus and the idea of an “invincible summer” within us. What lives in you that even your hardest winters have not been able to touch?

QUESTIONS FOR DISCUSSION

1. How were you taught to think about resilience: toughness, grit, never letting them see you sweat? How does this chapter’s definition differ?
2. The chapter describes feeling grief “without giving grief the final word.” What does that mean to you?
3. “Muscles tear before they rebuild.” Is there an experience that once felt like undoing but became formative? Share only what feels right.
4. Try writing your own sentence in the chapter’s pattern: “This ___, and still I ___.”
5. Who in your life models the kind of resilience this chapter describes?

FROM THE POEM

“Resilient” begins, “I do not rise because I break / No, breaking is not grace / I rise because what lives in me / Still leans t’ward light and space.” What is the difference between rising because of what broke you and rising because of what lives in you?

PRACTICE TOGETHER

And Still. Go around the circle. Each person shares one sentence: “This ___, and still I ___.” After each one, the group responds together: “And still, you remain.”

CARRY IT FORWARD

Allow yourself to feel one hard emotion this week without rushing to fix it, and notice how you return to steady ground.

CHAPTER 11

Gratitude as Grounding

THE HEART OF IT

Gratitude does not deny the ache. It refuses to let the ache become the entire atmosphere.

QUESTIONS FOR DISCUSSION

1. The chapter admits that gratitude “can feel almost offensive at first” during hard seasons. Has that been true for you?
2. What is the difference between gratitude that dismisses pain and gratitude that keeps pain from becoming everything?
3. “Gratitude returns depth perception.” What does that phrase mean to you?
4. The chapter says gratitude protects against entitlement: “What is taken for granted is rarely honored.” What have you been taking for granted that deserves honoring?
5. Who deserves a thank-you from you that you have not yet expressed?

FROM THE POEM

In “Grounded in Gratitude,” the speaker says, “I name the gifts still near to me.” Take a quiet moment. What gifts are near you right now?

PRACTICE TOGETHER

Send It Now. Everyone takes out their phone or a notecard and writes a specific message of gratitude to someone outside the group, then sends it or addresses it before the session ends. Share, if you wish, who you chose and why.

CARRY IT FORWARD

Write down three specific things you are grateful for each day this week.

From Blessings to Blessing Others

THE HEART OF IT

Abundance is meant to flow. Like a river, the soul stays alive by both receiving and giving.

QUESTIONS FOR DISCUSSION

1. How would you define abundance? In which non-financial forms of abundance are you richest right now?
2. “A person can also have plenty and live from chronic lack.” Why do you think that happens?
3. “The more inwardly secure we become, the less threatened we are by the success of others.” When has someone else’s success felt threatening to you? What might that reveal?
4. How can you tell the difference between giving from overflow and giving from depletion?
5. What is one way you could let something good flow outward this week?

FROM “THE SEA OF GALILEE VS. THE DEAD SEA”

The Sea of Galilee teems with life because it both receives and gives, while the Dead Sea holds on to everything. Right now, are you more Galilee or Dead Sea in what you give? In how you process emotions? The essay urges, “Don’t be a dam, be a river.” Which feelings are you most likely to dam up, and what healthy outlets help you keep them flowing?

PRACTICE TOGETHER

Inflow and Outflow. Draw a simple river. On one side, list what flows into your life (support, encouragement, resources, love). On the other, list what flows out. Mark one place where the flow is blocked. Share your blockage with a partner and brainstorm one way to open it.

CARRY IT FORWARD

Choose one area of abundance and let it flow outward through encouragement, time, or practical help.

Love Without Self-Abandonment

THE HEART OF IT

Real love does not require disappearance. Taking care of self is not selfish. It is stewardship.

QUESTIONS FOR DISCUSSION

1. Where does care end and self-erasure begin for you? How do you know when you have crossed that line?
2. “Real love does not require disappearance.” What would change in your relationships if you fully believed this?
3. What messages did you receive growing up about selfishness and self-care? How do they show up today?
4. Who in your life models healthy, loving boundaries?
5. What is one place where a “gentle no” or a “smaller yes” would serve both you and the people you love?

FROM THE POEM

In “The Golden Goose,” the speaker gives away every golden egg until nothing is left, then learns to “tend / The goose within.” What eggs of gold, your time, your heart, your energy, are you giving away? What would tending your goose look like this week?

PRACTICE TOGETHER

Boundary Rehearsal. In pairs, each person practices saying a real “gentle no” or “smaller yes” out loud. The partner responds kindly, then offers one word of encouragement. Switch roles. Rehearsing a boundary in a safe room makes it far easier to say when it counts.

CARRY IT FORWARD

Write one boundary sentence that begins, “In order to love well, I will no longer...” and finish it honestly.

Morning, Rhythm, and Ritual

THE HEART OF IT

Transformation is strengthened by rhythm. A simple, intentional pattern helps turn insight into embodiment.

OPENING THE PART

Part V opens with James Clear: “Every action you take is a vote for the type of person you wish to become.” What did your actions vote for this morning?

QUESTIONS FOR DISCUSSION

1. Describe your first thirty minutes on a typical day. What enters your consciousness first?
2. Morning practice helps us remember who we intend to be “before the day starts negotiating that identity downward.” What tends to negotiate you downward?
3. Which of the chapter’s practices, such as silence, prayer, journaling, affirmation, movement, or nourishing reading, resonate with you? Which do you resist?
4. Rituals “reduce the number of decisions required to do what matters.” Which daily decisions could you turn into rituals?
5. What usually breaks your consistency, and how could this group help?

FROM THE POEM

“Before the World Speaks” invites us to “choose a word for yourself / One to lean into today.” What word would you choose for this week, and why? Which line of the poem could become part of your own morning?

PRACTICE TOGETHER

Design It Together. Each person designs a five-minute morning ritual that includes one quiet moment and one intentional action, then describes it to their Practice Partner. Partners agree to check in on day three.

CARRY IT FORWARD

Practice your five-minute ritual for at least three days, and remove one small morning distraction for the week.

Community, Environment, and Becoming

THE HEART OF IT

No one becomes fully themselves in isolation. Choose people who can hold hope for you until you are ready to hold it for yourself.

QUESTIONS FOR DISCUSSION

1. “As human beings we are shaped by proximity.” Which relationships enlarge your imagination? Which shrink it?
2. Think about the environments you spend time in: a workplace, a friend group, online spaces. What do they quietly teach you about what is normal or possible?
3. “To choose community wisely is not elitist.” Does choosing your circle feel uncomfortable to you? Why or why not?
4. Who held hope for you before you could hold it for yourself? Have you ever told them?
5. For whom could you hold hope right now?
6. How has this group shaped you so far?

FROM THE POEM

In “Life,” the speaker watches life pass “like a train I wish to catch,” until someone calls their name and discovers that “Life lived in me all along.” Who has called your name and drawn you back into life? Whose name could you call this week? The book itself is dedicated to friends who believed in the author “more than I believed in myself.” Who are your “weird kids,” the people who let you be fully yourself?

PRACTICE TOGETHER

Hope Holders. Each person writes on a card one thing they are hoping for but struggle to believe in. Pass the cards so each person holds someone else’s hope. Over the coming week, the holder sends one message of encouragement to that person.

CARRY IT FORWARD

Reach out to someone who brings out your best self with a specific invitation: a call, coffee, or a shared project.

CHAPTER 16

The Next Chapter

THE HEART OF IT

Insights must eventually become decisions. A new chapter does not erase the old one; it redeems it by using what was learned.

QUESTIONS FOR DISCUSSION

1. The chapter says some of the most important decisions arrive quietly: “Enough.” What is your “enough”?
2. “Enough excuses disguised as caution.” Where might caution be covering for fear in your life?
3. A new chapter “begins the moment we stop waiting to feel entirely ready.” What are you waiting to feel ready for?
4. “The past becomes our compost instead of our prison.” What part of your past could become compost for new growth?
5. Heraclitus said no one steps into the same river twice. In what ways are you not the same person who opened this book?

FROM THE POEM

“Where” asks where laughter and kindness go in grief, and answers, “Perhaps it waits beneath the ache / Not absent, only still.” What has been waiting quietly in you, ready to return?

PRACTICE TOGETHER

Name Your Chapter. Each person completes this sentence and reads it aloud: “The chapter I am choosing now is about...” The group responds, “Begin.”

CARRY IT FORWARD

Decide on one micro-action you will take in the next 24 hours that your future self will thank you for.

Closing Session

Closing Thoughts · “Begin Again”

THE HEART OF IT

Becoming has never required perfection, only willingness: the willingness to notice when you have drifted, and the humility to come back. Every return counts.

QUESTIONS FOR DISCUSSION

1. “Some days you will live this well. Other days you will forget every word of it.” How has your relationship with imperfection changed during our time together?
2. Which Micro-Courage Practice has stayed with you? Which would you like to return to?
3. What line, idea, or poem from the book has meant the most to you, and why?
4. What did you discover in yourself during these weeks that surprised you?
5. What did you learn from someone else in this group?
6. How will you keep practicing after our final session?

FROM THE POEM

“Begin Again” says, “This day has shown / What lives in me / The strength to bend, the heart to give / The will to rise.” What has this journey shown lives in you?

CLOSING RITUAL

- Return the envelopes from the Opening Session. Each person reads their letter silently, then shares, if they wish, what they notice now.
- Read “Begin Again” aloud together, with a different person reading each stanza.
- Finish with one last round. Each person completes the sentence, “I am one of one, and I...”
- Before you leave, decide together whether you would like to keep meeting, perhaps monthly, to check in on your practices.

Be where your feet are. And then, begin again tomorrow.

Taking It Further

If you would like to bring this work to your team, organization, retreat, or coaching program, or to have me facilitate a session with your group, I would love to hear from you.

Each member of your group may also enjoy the free printable *Reflection Pages*, a companion with space to work through every chapter's Micro-Courage Practices and reflections by hand.

Discussion Guide, Reflection Pages, and more

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With gratitude,
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