

THE BOOK OF CHOICE

STUDY GUIDE

THE BOOK OF
CHOICE

Mapping the Life You Want by
Understanding the Life You Have

Kim DeYoung

- + Introduction
- + Structure + Timing
Recommendations
- + Discussion Questions

INTRODUCTION

Welcome to *The Book of Choice*!

Thanks for choosing this book as your guide to explore its profound content with your study group. Included in this guide are open-ended questions which lay the foundation for an interactive discussion with your group. They're crafted to invite heartfelt reflection on your personal experiences, to help you bring the book's ideas to life in your everyday journey, and to create a space where all group members can openly share their unique insights.

The questions are flexible and can be customized to match your group's interests and preferences. Think of them as versatile tools, ready to adapt and expand as needed.

As you lead your group through these questions, embrace the spirit of curiosity, vulnerability and connection. Together with your group, you'll embark on a journey of exploration, storytelling and uncovering deeper layers of understanding within the book's concepts. Feel free to personalize and expand upon these questions as you see fit, for this journey is uniquely yours.

A handwritten signature in a purple ink, reading "Kim". The signature is written in a cursive style with a small star above the letter 'i'. The signature is positioned in the bottom right corner of the page, overlapping a faint, light blue background graphic that consists of the word "CHOICE" written in a large, spaced-out, sans-serif font.

STRUCTURE +

TIMING

By embracing this structure and timing, you'll have the tools to craft a dynamic and engaging book study group that not only fosters meaningful discussions but also unlocks the profound insights offered within the pages of *The Book of Choice*.

Preparation

Become Familiar with the Book:

As you step into the role of leader, immerse yourself in *The Book of Choice*. Let its concepts and messages become your trusted companions as you guide your group

Choose Questions Wisely:

Select questions that resonate with your group's unique needs and interests. Feel free to tailor them to ignite heartfelt discussions.

Craft a Schedule:

Determine the number of sessions and the time you'll spend together. For instance, you might opt for 1, 2, 3 or 6 sessions, each lasting 1.5 to 2 hours, to align with your group's rhythms

Structure & Timing Suggestions

Welcome and Introduction (5 minutes):

Begin with a warm welcome, setting the stage for the journey ahead.

Reading Review (15 minutes): Briefly revisit the book, focusing on key themes and impactful passages. This concise segment ensures sufficient time for discussion.

Discussion (60-75 minutes): This is the heart of your conversations. Use questions to drive reflection and involve all participants. Allocate most time here for in-depth engagement with the book.

Break (10-15 minutes): A short respite for relaxation and casual conversation.

Application and Sharing (20 minutes): Post-break, discuss the book's practical implications. Share personal experiences and insights, linking the book's lessons to everyday life.

Closing Remarks (5 minutes): End by summarizing key insights and expressing thanks for the collective experience.

Scheduling Suggestions

Based on the content and structure of *The Book of Choice*, here are four options for scheduling book group discussions:

Single Session: Center the discussion on intentional choices, reflecting on how the book's insights influence personal decision-making.

Two Sessions: Use the first session to discuss past choices, and the second to focus on how these insights can shape present and future decisions.

Three Sessions: Structure each session to explore a distinct dimension of choice. The first on past choices, the second on present, and the third on future possibilities. Alternatively, focus on personal, professional, and relationship choices, dedicating one session to each theme.

Six Sessions: Each session delves into one of the six parts of the book, offering a comprehensive exploration of themes and chapters. This approach allows for a thorough discussion on the diverse aspects of choices and their impacts in life.

Facilitation Tips

Listen Actively

Promote Inclusivity

Stay on Topic

Respect Diverse Perspectives

Encourage Application

QUESTIONS

Overall

What specific passages or stories resonated deeply with you, that made you pause, or had a significant impact?

What does living an examined life mean to you, and how has your understanding of this concept evolved throughout your journey with *The Book of Choice*?

In what ways has reading the book influenced your perspective on the power of choice and its impact on personal growth?

Reflection + Past Choices

How has reading *The Book of Choice* **changed your perspective** on the choices you made in your life? Can you share specific examples?

What past choice significantly impacted your life? How does the book's approach to **reframing** past choices help you view this decision differently?

The book emphasizes the importance of **accepting** past choices. How does this idea align with your personal beliefs about regret, shame and forgiveness?

Planning for Future Choices

The book explores the concept of embracing the possibilities that future choices hold. How does this resonate with you, and how do you deal with the fear of uncertainty while trusting that things will unfold positively?

Identity and Choices: In what ways has the book deepened your insight into how your choices reflect and shape your self-identity?

Choices and Intentions: The book suggests that choices mirror our deeper intentions. Can you recall a situation where your choice, whether made deliberately or not, clearly reflected your true intentions or values?

+ Heightened Awareness
As you've been reading *The Book of Choice*, have you noticed any shifts in your awareness of the choices you make and how you engage in conversations, whether with your children, friends or anyone else?

Are there any specific choices or situations in your life that the book helped you reconsider or approach differently?

+ Choice Mapping
Which type of map (People Map, Unfolding Map, Exploration Map) resonated with you the most and why? How do you plan to use this map in your life?

What questions do you have about Choice Mapping?

+ Relationship Choices
How will you utilize the concept of focusing on how you're showing up to improve your relationships?

+ Professional Choices
How may you incorporate the concept of Choice Mapping to improve your professional life?

What insights can you learn from a past professional choice that you can apply to a current situation?

+ Personal Choices + Challenges
How do you envision applying Choice Mapping to navigate personal challenges, such as health issues, personal loss or major life changes?