

JENNA KUTCHER



how are you, *Really*

A BOOK CLUB RESOURCE

Hello, book clubber!

I'm so excited to support your gathering - even if it's just you and your bestie! - with some questions you can use to **spark your discussions**. Remember: each chapter of *How Are You, Really?* includes some reflective prompts to guide you toward further exploration, so consider the list below an invitation to **dig even deeper**.

Or, save these until you've finished the book to brainstorm ways you and your community can fuel real, lasting change in your everyday lives. These are in no particular order; just pick whatever draws your eyes first and go for it!

(Pro tip: Best served with snacks!)

1. What part of the book comes to mind first when you think, "I really needed to hear that at this stage of my life."
2. Were there any parts of the book that relayed a message that you wish you could hand over, speak, write, or communicate to someone else in your life?
3. Thinking about how the voice of Jenna's childhood self guides her through parts of her adulthood, what's something you think your childhood self would say to you right now? What would you do together? What would they observe about you?
4. How would you describe your ability (or willingness) to create and guard the boundaries you draw in your life?
5. Who are the people in your life who are good at and quick to ask you how you really are? What's one thing you can learn from them?
6. What's one thing you know you offer to the people in your life that you can name and claim boldly in this moment? A gift, a talent, a part of your identity, anything!

7. When you envision the most alive version of yourself, what do they look like? Where are they and what are they up to? Who are they with?
8. When was the last time you truly felt rested in your body, mind, and soul? What contributed to that?
9. Can you think of something you've been wanting to pursue, but keep flagging as a 'someday' endeavor?
10. If you could ask for help in *just one area* of your life, big or small, what would it be? And who do you need to direct that call for help to?
11. Here's a bit of a sensitive one: Are there any aspects of your physical body that you've claimed, out loud or subconsciously, as something that holds you back from what you want or who you want to be? Talk through that struggle, if comfortable.
12. If you could pull out a mantra, a quote, a line, or even just a word from any chapter of this book and lean into that for the next 30 days, what would it be?
13. Thinking about not comparing your journey to anyone else's, what part of *your* path are you on right now? The beginning? The messy middle? The end of one, ready to leap into the next?

**For additional "How Are You, Really?" resources, visit:
www.jennakutcher.com/more**

**You don't need to go BIG,
but you need TO GO.**