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DISCUSSION GUIDE

1. What is your current approach regarding daily challenges?
2. What are the most difficult aspects of overcoming challenges?
3. What are your thoughts regarding the Big Three internal blocks (Parrot, Limiting Beliefs and Perception)? Do you agree? Disagree? Why?
4. How can you implement the Three Step formula? What is the easiest part to do? What seems to be the biggest difficulty.
5. What are your thoughts about picking one of the Ten Life Principles and living them this week? Then, when we reconvene we can discuss what each of us experienced.
6. What is the most negative thought that you currently have? How can we help you reframe it to an empowering thought to help create action?
7. Do you agree with what Coach Randy says about the importance of your mindset? How do you describe your mindset and those around you?
8. What are your three most important lessons you will take from the book? How do you plan on utilizing them?
9. What do you think about the stories of shared within the book? What can you do to create your own and follow suit?
10. After reading *Feathers are Everywhere* what is one change you want to make? What are the challenges to creating that change? What is your plan to overcome the obstacle?
11. What in the book made you laugh? Cry? Angry? Made you think?
12. What are your own questions?