FOR CLASSES, TEAMS AND BOOK CLUBS

Turn a shared read into a useful conversation.

A flexible companion for a small discussion. Choose one theme and adapt the questions to your group. This guide is educational and does not replace the book or professional advice.

A simple 45-minute outline

5 minutes: Welcome, purpose and privacy.
10 minutes: Discuss a selected idea from the book.
15 minutes: Private writing and optional discussion.
10 minutes: Choose one practical next step.
5 minutes: Agree a review point.

Set the tone

No one has to share personal numbers. Invite questions without comparing people's circumstances. Distinguish what the book says, what a hypothetical example shows and what a person needs to verify for their own situation.

Get everyone the same starting point

Use the free chapter before choosing books for the group. Ask Eric about quantities and timing. If you would like him to join or lead a discussion, include that in the event request; availability and arrangements are confirmed separately.

QUESTIONS WORTH MAKING SPACE FOR

Pick three. Let the room think.

What does a more intentional life look like to you?

Notes

Which idea connects most closely to a decision you face?

Notes

What information would help you understand your starting point?

Notes

How can a plan include both present needs and future goals?

Notes

What makes a small habit easier to repeat?

Notes

How could you ask for help without sharing private information?

Notes

LEAVE WITH A NEXT STEP

One action. One date. One check-in.

The idea I want to try

The first action I can complete

What I need to learn or verify

When I will review it

Want books for your group, or Eric in the room? Text 504-382-5584 or visit thelifemanualbook.com. Group-copy and event requests are conversations, not completed purchases or confirmed bookings.