

The Body Thrive Book Club Guide



Create a Book Club for Body Thrive

Local yoga studios, meditation centers, student health classes and holistic wellness practices can create a book group just to integrate Body Thrive in community. The Body Thrive habits naturally lend themselves to a 10-week format, and the best way for a book club to dive into the book and workbook is over a 10-week period.

Below are some suggested questions to help guide and start off the discussion each week. If you follow along with this format, your group will have to read and discuss the first few opening chapters with Habit 1 and the couple of closing chapters with Habit 10. Or you bypass those chapters and concentrate solely on the habits. Whatever works best for you and your peeps. Be sure to use the Crash Course on Habit Evolution as a foundation as you work through the book, using it as a reference over the course of the 10 weeks. Use the strategies in this chapter to troubleshoot past any difficulties working through the habits.

The workbook that accompanies the book is free to everyone in your group—www.yogahealer.com/free. Tell your group members to print the workbook, put it in a binder, and bring it to your meetings!

Discuss *Body Thrive* with your Existing Book Club:

If you have an existing book club that reads a book a month, you'll need to decide as a group if you want to read this book over 10 weeks, or stick with the standard format. I recommend reading it

over 10 weeks so your group has time to dive into and implement each of the habits. If you want to go with the book a month route, you may want to choose a book for the month following *Body Thrive* that has a wellness/spiritual/inspirational message, such as: *Better Than Before: Mastering the Habits of our Everyday Lives* by Gretchen Rubin; *The Surrender Experiment* by Michael Singer; *Choose Yourself* by James Altucher; *The Life-Changing Magic of Tidying Up* by Marie Kondo; or *Wild Edibles* by Sergei Boutenko. Any of these will complement and work well with the 10 *Body Thrive* habits.



Create a Virtual Book Club for *Body Thrive*

Don't discount the power and possibility of creating a book club in a virtual community. Maybe everyone who's interested in a book club has a crazy schedule, and finding time to meet up in person is like trying to herd cats. Or maybe your friends and family are sprinkled all over the country, or all over the world. You can still

create a space for meaningful discussions and provide each other with support as you work through the 10 habits via social networks like Google+ and Facebook.

Book Club Questions

Does Your Life Aggravate Your Body?

Q: On a scale of 1–10 what is your level of commitment to *doing* this book together for the next 10 weeks? Simply be honest with yourself and others.

How to Have a Body

Q: What struck you personally about the three causes of disease according to Ayurveda?

Q: How is “not learning from your past” playing out in your choices right now? Do you have habits that you’d like to shift? If so, what are they?

Crash Course in Habit Evolution

Q: What do you want right now in your lifestyle? Time? Energy? Sleep? Better food? Better daily flow? Get clear on your *What* and share.

Q: Why do you want that right now? (Ex: I want more sleep each night so that I can feel great every day.)

Q: Which of the habit change strategies is most appealing to you? (Ex: Group support, kaizen, anchor statements, etc.)

Habit 1 – Earlier, Lighter Dinners

Q: How can you apply kaizen, or a 1% improvement, to eating earlier or lighter this week?

Q: What time do you want to commit to eating dinner this week (5/7 nights)?

Q: How can you use one of the techniques from *Crash Course on Habit Evolution* to make a plan that fits what you want to do, and is doable?

Habit 2 – Early to Bed

Q: Who here has a body that needs more sleep? How much more?

Q: What time do you want to commit to going to bed this week (5/7 nights)?

Q: How can you reverse engineer your new habit?

Q: What do you want to add or take away from your evening routine?

Q: Which exercises from the workbook have you found most helpful?

Habit 3 – Start the Day Right

Q: What are the biggest obstacles keeping you from becoming an early riser? Can you identify any limiting beliefs in those obstacles?

Q: How many of us wake up, hydrate and poop every morning?

Q: What practice helps you open to a bigger perspective first thing? Gratitude? Prayer? Meditation? Journaling? If you don't have a practice, which one-minute practice do you want to try this week?

Habit 4 – Breath Body Practices

Q: How many of us actually move first thing in the morning?

Q: What would have to change to accommodate a 20-minute breath/body practice as part of an every morning routine?

Q: Can you create a Fogg statement to help establish this routine? Right after I _____, I will (insert whatever movement appeals to you).

Q: Does the tracking worksheet help you plan your workouts and stay on track (see free workbook)?

Habit 5 – Plant-Based Diet

Q: How diverse is your current diet? How many plant species did you eat this past week?

Q: How is your mindset regarding diet changing as you become more aware of plant species, plant parts, and seasonal eating?

Q: What new plant species can you add to your diet this week? This season?

Q: What is a “Yes, and” statement you could use to eat a more nutrient-diverse, seasonal, local diet? Such as, “Yes, I eat a healthy diet, and this week I’m going to hunt for a vegetable at the market that I don’t know how to cook.”

How to Change Your Habits in Relationships

Q: As you journey through Body Thrive, who are your Uplifters/Champions/Upholders?

Q: Who are the Middlers? The Backsliders?

Q: How can you navigate your relationships to support your evolution?

Q: Where can you find the supportive relationships you are missing?

Habit 6 – Self-Massage

Q: Do you currently have a self-massage practice with oil, lotion or

dry brushing? What did you learn from this chapter?

Q: Can you create an anchor statement to use with self-massage to become an even better caretaker of your body?

Q: Do you know what is in the substances you put on your skin with moisturizers, sunscreen, or makeup? If not, are you going to look it up at ewg.org?

Q: Can you alter your morning routine to include self-massage with dry brushing or oil three times a week? What trigger will you use to automate this habit?

Habit 7 – Sitting in Silence

Q: Do you want to start meditating, or up the ante on your current practice? If so, why? And what might change, evolve, or deepen in your life?

Q: What are the biggest obstacles keeping you from a daily meditation practice?

Q: What practices appeal to you the most? Which ones will have the biggest long-term impact?

Q: How much time can you consistently commit to your meditation practice at this phase in your life, without fail? Apply kaizen!

Q: If you have an existing practice, what could make it more effective?

Habit 8 – Healthy Eating Guidelines

Q: Which of the Healthy Eating Guidelines are you incorporating into your habits?

Q: How often do you eat during the day? Do you snack between meals?

Q: How many of the six tastes are you currently eating?

Q: What are your outdated patterns in relation to the healthy eating guidelines? Do you have beliefs you are ready to challenge?

Habit 9 – Come to Your Senses

Q: How does *asatmendriyārtha samyoga* show up in your life? How are you misusing your senses?

Q: What organ-care routine can you slip into your morning routine? Tongue scraping? Oil pulling? Eye palming? Lubing the nose and ears?

Q: Which of the habits from earlier in the course are becoming automated for you?

Q: What habit-evolution techniques from the *Crash Course on Habit Evolution* are you finding most effective as you incorporate the Body Thrive habits?

Habit 10 – Easeful Living

Q: How do you orient yourself in your day—through stress or ease? Are you noticing that you have a choice?

Q: Can you build triggers into your day to pause and recognize if you are in ease or in stress?

Q: How do the prior habits in Body Thrive align you with space and time? Do you feel more spaciousness in your day-to-day? Do you have more time? More intrinsic joy?

Q: Is there someone whose easeful, enlightened existence is an inspiration for you? Can you “fake it until you become it” to cultivate ease in your life this week?

Epilogue: Diksha & Dharma + No End Game

Q: Revisit your “why” and your “what” from the *Crash Course on Habit Evolution* book club questions. What is changing in your life due to your 10-week Body Thrive journey? How is your day, your life different?

Q: Do you feel a momentum to your progress? Do you feel half-baked—like you’re not quite done with this yet? Do you want to start again with Habit 1 and go deeper into Body Thrive?

Q: How have these habits challenged you to grow and change?

Q: What habit is your keystone habit? What habits do you need to work on?

Kitchen Sadhana

Q: Were you inspired to purge and update your kitchen into alignment with your Body Thrive habits?

Q: What simple steps can you take to prepare your food earlier in the week or earlier in the day?

Q: When will you schedule time in your week to batch-task and simplify your food preparation for the next spell?

Q: What will you do during your next kitchen sadhana session?

Overarching Questions

Q: What part of the book resonated with you the most?

Q: Which habit is your keystone habit? (It’s the one that clicks the other habits into place.)

Q: How has your journey through Body Thrive impacted your body, your mind, your spirit, and/or your relationships?

Q: Which worksheets from the free workbook have you found most helpful?

Q: If you love how you feel, do you want to coach others through the process? If so, go to www.bodythrive.com/coach.

Create a Book Club