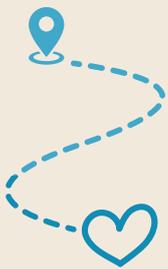




LOVE *Is the* PATH

BOOK CLUB DISCUSSION GUIDE



Journey to Self

- Which part of the "Journey to Self" resonated with you the most, why?
- The section discusses the importance of identifying your inner values. How do these values shape decision-making and relationships?
- Reflect on a time in your life where self-reflection led to an important realization. How does this connect to the themes in the section?



Belonging in the Workplace

- How does the book define belonging, and why is it so crucial in professional environments?
- Reflect on a time when you did or didn't feel a sense of belonging in a workplace setting. What contributed to that experience?
- What do you think leaders can learn from this section to create a more inclusive work environment?



Mindfulness and Healing in the Workplace

- How does cultivating mindfulness help address stress, burnout, or conflict in the workplace?
- What are some challenges of implementing mindfulness practices in a busy, high-pressure workplace?
- What strategies presented in this section resonated with you, and how could you incorporate them into your work life?