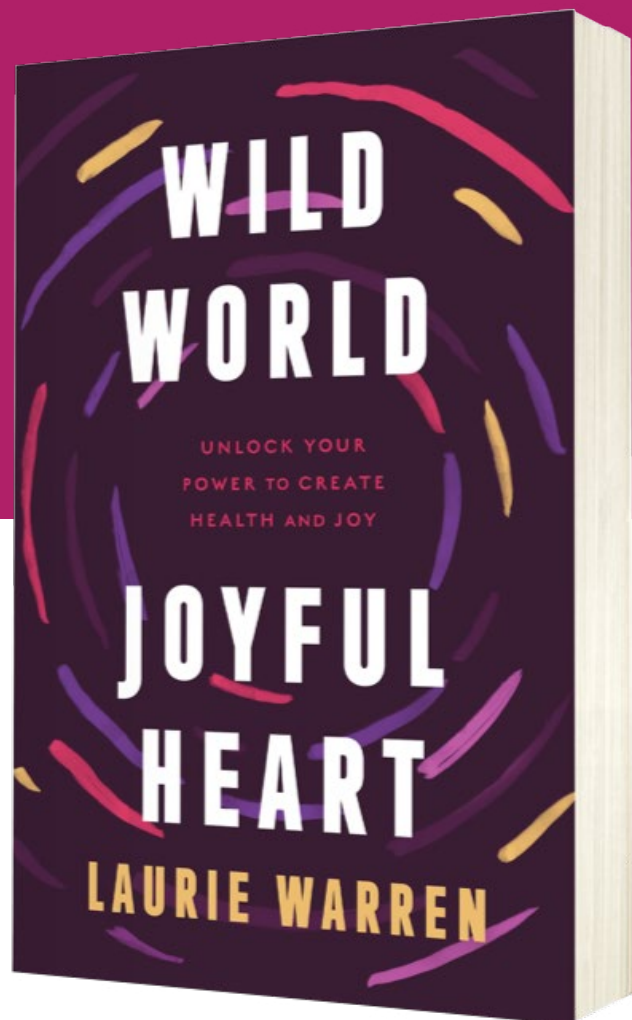


WILD WORLD JOYFUL HEART

UNLOCK YOUR POWER TO
CREATE HEALTH AND JOY

BY LAURIE WARREN



**BOOK
DISCUSSION
GUIDE**



How to Use This Discussion Guide

Thank you for choosing Wild World, Joyful Heart: Unlock Your Power to Create Health and Joy for your book discussion!

This discussion guide is designed to facilitate your journey in understanding and embracing the philosophy, concepts, and on-the-ground tactics in the book. Whether it's you with a friend or family member, you and a group, or you and a corporate team, this guide will help you bring more health and joy into your collective life experience.

You will find questions organized by chapter, and each chapter also contains questions specifically for organizations who are creating a wellness culture. My work is with both individuals and as a corporate consultant, so I'm excited to offer questions that will facilitate discussion and understanding, regardless of the nature of your group. Feel free to adapt this guide to your unique needs and group dynamics to embrace "mind as bridge," the Creator Mindset, and all that this book has to offer.

These group discussions are important! They create a reverberation that will reach far beyond you personally, and far beyond your group, as our personal evolution affects the world around us — one choice, one conversation at a time. My very best wishes to you and/or your group for health and joy in our wild world.

In health and joy,

A handwritten signature in black ink, appearing to read 'Laurie Warren', with a long horizontal flourish extending to the right.

- Laurie Warren, MSN, Vibrant Living Advocate

Chapter 1: Wild World

“What are some of the key cultural factors that are informing your life experience? These hidden factors clandestinely affect your everyday choices, decisions, and life experience, and they aren't your fault. Meaning, you didn't create them, but you do have the ability to override them. These factors, because they're off our radar, typically lead us to internalize their negative power and blame ourselves when we don't feel good in our life experience.” (p.14) This chapter helps us to see where we've accepted common as normal, and why these factors are not serving our health, joy and personal evolution.

Discussion Questions:

1. What does the author mean by “common but not normal?” Do you see this concept manifested around you? How does it affect your everyday life or the healthy functioning of your group?
2. Where in your life experience have you subscribed to the eight myths presented in chapter one? Where are these eight myths affecting your group mindset?
3. How did you feel when reading the “Human as Machine” myth? Where might you be treating yourself as machine, or accepting that paradigm from others who you entrust your health care to?
4. Where are fear, technology, and our sickness management triad negatively impacting your life experience? Where might you start to ask yourself questions and reject their dogma where it isn't serving you?
5. Do you ever feel that life—experiences, events, people's words and actions—happens to you? Do you sometimes feel that your health and joy hinges on happenings outside of your control? Where does the victim mindset affect the productivity, resilience, and emotional intelligence of your group?
6. In what areas might you or your group be relying on solution-based solutions? Choose one and brainstorm what problem-based solutions for that issue might look like.
7. Given all that you explored in chapter one, where can you or your group let yourself off the hook for the past?

Chapter 2: **Creating Health and Joy**

“Unlocking our potential for health and joy is not simply about learning, understanding, reading a book, or taking a class. Taking in new information, new ways of looking at things, and cultivating understanding are certainly important aspects of our personal evolution. It’s true that knowledge can be power. It’s also true that we must set intentions and follow them with action. However, the magic in any personal evolution is about rewiring habits and beliefs. Personal evolution is about changing our minds. If you can change your mind, you can transform your life experience.” (p.31) This chapter introduces us to the Three Amigos of mindfulness, curiosity, and awareness, followed by an exploration of mind, brain, willpower, and the power of habits and beliefs.

Discussion Questions:

1. What does the author mean by “change your mind, change your experience?” How can that idea transform your health and joy? How can it affect the cohesion and effectiveness of group dynamics?
2. How might the Three Amigos support you in your daily life? How might they support your group interactions and collective well-being?
3. Discuss the myth of willpower and the truth of habits. Where have you tried to lean on willpower in your personal or work life, and ended up frustrated? Discuss an area where effective habits could serve an important personal or group initiative.
4. Share an ineffective habit and hone in on its cue, routine and reward. What new routine (activity, emotion, behavior) could you substitute in for the current one in order to create an effective habit? How might you change your environment to support your new, fabulous habit?
5. Name a new habit that you want to promote for yourself. What are the first three micromovements that will take you toward that habit?
6. How do habits help us unlock our potential? What kinds of habits does your group collective have? Are there habits that can help you be more effective, either as an individual, or as a group?

Chapter 3: The Personal Responsibility Pillar: Own It

“Our freedom to be our most awesome selves is severely hobbled by labeling ourselves—mentally, conversationally, emotionally—as a victim. It’s debilitating to label ourselves victims to life and to the people and experiences outside of ourselves. I’m here to tell you that there’s only one creator of your life experience: you. Fully owning this creator role will unlock the doors to your health, joy, and personal evolution.” (p.60) Chapter three shares the four steps to becoming the owner and creator of your life experience so that you can unlock your potential and embrace empowered well-being. Juicy stuff!

Discussion Questions:

1. Where in your personal or work life are you blaming outside circumstances, people, and/or events for your lack of health and/or joy?
2. Discuss the Circle of Concern versus the Circle of Influence. How might this game-changing concept help you focus your energy in productive ways, both personally and professionally? How might it help your team or group focus its effort and creativity in more productive ways?
3. Where is the Victim Mindset hobbling you, or your team? How might the Creator Mindset serve you better, in that area? Where is the first place you want to exercise your Creator Mindset to unlock your power to create health, joy, and/or team excellence?
4. Where might a Big But be getting in your way? (ie: “I want to exercise, but I’m just too busy” or “I’d like up-level my emotional savvy, but my boss is impossible to navigate.”) How might you Acknowledge, focus on your Circle of Influence, and unleash your Creator Mindset to commit to exercise, engage differently with your boss, etc?
5. Personal responsibility is the ticket to health, joy and freedom. In what area(s) of your personal or work life do you want to take back ownership?

Chapter 4: The Self-Worth Pillar: You Are Enough

“One of the deepest forms of suffering in our twenty-first century society is the pain of believing that ‘something is wrong’ with ourselves. Feeling that we’re continually falling short of worthiness is akin to breathing toxic gas. It makes it difficult to be truly intimate with others or at home in our bodies, our hearts or our minds. Whether in the shape of chronic self-judgment, blaming others, depression, anxiety or shame—feelings of deficiency prevent us from living and loving fully.” (p.71) Each one of us is simultaneously standing with our feet in two camps:

1. We’re enough as we are. We have nothing to prove to anyone.
2. We’re wired to evolve. To continually become more content, healthy, joyful and loving.

Discussion Questions:

1. What does “self-worth” mean to you? Can you think of ways that your state of self-worth ripples out to positively or negatively affect your relationships, work life, and/or life experience?
2. Consider your relationship with technology and social media. Is your relationship to the tool of technology one that most often benefits you, or do you often feel stress, emotional turbulence, or not-enough? Are there aspects of your technology use that distract you from being your best at work?
3. Where does the Myth of Perfection infiltrate your relationship to yourself, to others and to your life experience? How does it impede your or your team’s ability for full empowerment, productivity and creativity at work?
4. What would it be like to stand in who you really are, in all your messy personhood? How might your team or organization benefit from encouraging and supporting people to show up authentically?

Chapter 5: The Self-Care Pillar: Fill Your Cup

“Self-care is care provided for you, by you. It’s about identifying your individual needs for well-being and taking steps to meet them, on a daily basis, acting from a place of support and love. This self-care deeply affects our attitude about life experiences while creating consistent, gentle support that helps us express and live the most vibrant and satisfied version of ourselves.” (p.86) Self-care is a lot about creating effective habits. It’s about the little things that we consistently do, day after day, in support of our health and joy. Self-care helps you be the best version of yourself that you’re able and willing to embody. It’s a vital and powerful form of self-love.

Discussion Questions:

1. What are some self-care habits that you currently have in place? Remember, consistency is key with self-care, so reflect on consistent actions that you take daily to support your BodyMindSpirit well-being.
2. Choose one new self-care habit, maybe that you listed when reading page 88, that you’re excited to build habits around. What’s your first micromovement?
3. Make a list of “non-negotiables.” These are self-care habits that you stick to no matter how off-the-charts busy you might feel.
4. Are there areas of your life where you haven’t created healthy boundaries—either personally or professionally? How might you create them?
5. Recruit a self-care accountability partner and remind each other that self-care isn’t selfish, and that self-care IS child care. When one of you is struggling, remind him/her that self-care helps us be our best self in all aspects of our life experience. Keep each other accountable!
6. What can you do to start or expand on the conversation around self-care in your group or organization?

Chapter 6: Honor Your Body

“Most people ride around in their body having no idea how it works. Understanding the basics about how your body works will save you a lot of trouble and headaches. It will also help you have intelligent discussions with healthcare practitioners, and help you care for your body so it runs well for a long time. There’s a lot of miles left in that body, if you take good care of it.” (p.104) Our body is the vehicle through which we get to experience the world. We’ll building 300 million new cells every minute. Are there areas where you could become a more mindful steward of your precious body?

Discussion Questions:

1. How often do you stop and tune into your body? Are you heeding the messages it sends to you?
2. Take turns talking about your relationship with food. This is a big, important relationship that has far-reaching effects—and one that we rarely consider! What kind of relationship would you like to have with food? What’s a first step you can take?
3. How much water do you drink, on average, per day? How many alcoholic or caffeinated beverages do you drink per day? (Remember you need even more than 10-15 cups of water per day if regularly consuming alcohol/caffeine.) Share with each other your favorite water-drinking tips.
4. Sit together and close your eyes. Breathe in a deeply natural way for 2-3 minutes, with your hand on your belly so you can feel it rise and fall. Discuss how that feels for you.
5. Discuss sleep challenges and how you might overcome them. What tricks and tips can others offer that resonate with you? What resonated from the book?
6. How much movement is currently your habit? Do you need more for health? What micromovements can you start with, and what’s your ultimate goal? Why? (Remember from chapter 2: your why is important!)
7. How can your group or organization help members in honoring their body? What training, support or discussion might be the first step?

Chapter 7: Tend Your Mind

"Our entire life experience is filtered through the miraculous, powerful, and mysterious part of ourselves that we call mind. Our mind is the central hub of our life experience, and it functions as either bridge or barrier, depending on how we use it, moment to moment. Are we using our mind in a flexible and coherent way, encouraging integration of experience? Or are we leaning toward the extremes of either chaos or rigidity in the mind, creating suffering? Harnessing the power of the mind is where everything starts, where it ends, and where everything in between gets processed." (p.135) The ideas in this chapter are central to the book. Change your mind, change your life.

Discussion Questions:

1. Discuss brain versus mind. Is this a new concept to you? What comes up for you as you explore it?
2. How did the section on resistance sit with you? Where, in your life experience, do you see resistance creating emotional turbulence or stress turbulence? How does resistance affect your organization dynamics?
3. What does the author mean by emotional savvy? Do you feel angst from your emotional messengers, or do you use them as a tool? What in this section resonated for you? Is emotional savvy (or emotional intelligence) taught and developed in your organization? If not, discuss how it might improve interpersonal dynamics.
4. How does the experience of stress affect you or your organization? What parts of this section of chapter seven hit home most for you? Did you feel resistance when reading that stress is a perception? (If so, that's great news! You're likely on the edge of a breakthrough.)
5. Where has psychological trauma instructed your idea of self and/or the way you relate to life? Have you addressed your trauma? If not, are you ready to sit with your shit and move through the pain, hopefully with professional help?
6. How might the Ten Healing Practices bring you more health and joy? Which are you most drawn to? Which practice could you start today to bring peace, mental well-being, and emotional equanimity to your everyday life? How might these practices affect the productivity, creativity, and culture of your organization?

Chapter 8: Live Your Spirit

"If we consider the people who've affected and taught us the most, it wasn't the information they gave us that caused our transformation. It was how they embodied the wisdom they were passing on, and how we felt in their presence. Maya Angelou, a Love ambassador, once said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." It matters how we do what we do. We are all teachers of Love in how we carry ourselves and in the quality of our being. We're not here on this tiny spinning planet to get stuff, prove ourselves, and find people to make us feel good about ourselves. We're here to turn up our dimmer switch and to connect, learn, and co-create with our human family. We're here to contribute and evolve." (p.218) It is very likely that we're more than mobile hunks of flesh that move about this planet. What is it that animates us, and then leaves us in what we call "death?"

Discussion Questions:

1. What is your personal relationship to OETU and what is the name you use to connect to that Energy? How do you define spirit?
2. Is your personal relationship to something bigger than yourself (OETU and/or nature) important to you? Why or why not?
3. How did the discussion of the Dimmer Switch feel for you? How does it relate to your ideas of "good" and "bad" people, if you have those ideas? How do you see the idea of a Dimmer Switch playing out in your organization or group?
4. When have you felt compassion from another recently? How did it feel to receive it? Where might you look for opportunities to be compassionate? How does it feel when you share compassion with another? How does compassion play out in your organization? Is there room for more?
5. What might it look like for you to more fully live your spirit? Is this idea attractive to you, or unattractive? If you feel resistance, where does that come from?
6. What, in this chapter, fits for you? A relationship to something bigger than ourselves is a personal thing, so I invite you to explore the ideas shared in this chapter with a healthy dose of connection to your authentic self.

Chapter 9: Joyful Heart as Catalyst

“Can you sense in your life an interconnected we as well as a personal me? Each of us is a tiny part of an elaborate universal dance of interconnection.” (p. 225) “The deep interconnectedness of all that is—everything we can recognize with our five senses, and everything that exists at finer vibrations than we have yet to sense—creates a web where the micro instructs the macro, the macro instructs the micro, and the never-ending iterations of this interplay shape our life experience.” (p. 225) “Our choices and our Energetic vibration—our Love and our fear, our kindness and our cruelty, our honesty and our treason, our mindful heart and our heartless mind, our self-worth and our self-disgust—touch everyone.” (p. 225) “The Two Commandments ask us to be honest and kind as a consistent practice, including when it’s uncomfortable. That’s why these two simple words, in living them, aren’t always easy.” (p. 228)

Discussion Questions:

1. Think about your everyday life. How do your words and actions affect others? How do the words and actions of others affect you? Does the idea of an interconnected web of life resonate with you? How does interconnectedness affect your organization?
2. When have you had the experience of one person affecting many, in either a positive or negative way? Discuss parts of history that are important to you, where the words and actions of one affected many. How can your organization learn from the “power of one?” What lessons are ripe for harvest in this discussion?
3. On a day when you’ll be interacting with many people, keep mindful track of when you lie, such as, “Sorry I didn’t call. I didn’t have time in my day.” (Most of us have time for a one-minute phone call, or a text saying we can’t call.) What did you find?
4. How does it feel to be lied to or treated unkindly by someone you trust? How does it feel when your organization or team is not honest and/or kind in its communications?
5. Why is it sometimes hard to be honest and/or kind? How can you, or your organization, promote more honesty and kindness while having compassion for how hard it can be?

Chapter 10: Mindful Relating

“Relationships offer us a powerful arena for healing, growth, and expansion. This opportunity also comes with a flip side. The opportunity for growth through relationship exists because relating to people can carry a powerful charge of Energy—that also makes it immensely challenging. We often have trouble understanding one another and accepting differences.” (p. 235) “Relating more mindfully offers an opportunity for healing and authentic empowerment, as we look to more peacefully coexist and thrive on an increasingly crowded and richly textured planet.” (p. 236) In addition to honoring our body, tending our mind, and living our spirit, we are best served to accept that we are social animals. We thrive, or struggle, as a species. Communication lies at the heart of the health and continuation of every species on earth, and this is especially true for humans.

Discussion Questions:

1. Which disconnection words are you in the nonconscious habit of using? Assess what resonates for you about disconnection words and how you may like to evolve your manner of relating in order to better foster connection—personally and/or as an organization.
2. Did you feel comfortable or uncomfortable when reading about disconnection styles? Did you find yourself in any of this section of the book? What did you learn? Is there anything you want to evolve in moving along the continuum from mindless relating to mindful relating? How might this concept affect your organization?
3. What rang true for you in the sections on “Connection Foundations” and “Connected: Mindful Relating’s Four Cornerstones?” In which part(s) of life might you become more connected, effective and loving using these foundations and cornerstones?
4. Listening—true listening—is a pivotally important skill in mindful relating. Do you listen, in your personal relationships and/or in your team meetings, with an open heart and mind? Do you “receive what’s being said, while opening to being changed by what you hear?” If not, try true listening for a conversation, or for a day, and see how it shifts relational dynamics.
5. Organizations, by definition, can be powerfully affected by relating styles. Clear, mindful communication saves energy, builds emotional intelligence, boosts productivity and creates a culture where people thrive and are comfortable being their best selves. What are some key takeaways for your organization or group from this chapter?

Chapter 11: Wild World Gone Sane

“Creating health and joy in a wild world is a courageous journey. It’s a journey about you and a journey about us all, and each of us has a unique path to walk. As you consider the personal evolution buffet that’s been laid out in this book, I invite you to move toward what you feel most hungry for.” (p. 269) What are you hungry for in your life experience? Better physical health? Less stress? More emotional intelligence and equanimity? A more focused, creative and curious mind? Healing trauma? An increased dimmer switch? A more intimate and intentional relationship with OETU? Better relationships? A more sane world? All of that? Or maybe something different that we covered in our journey together?

Discussion Questions:

1. Where, on the continuum of perfectionism, do you or your organization tend to operate? Are there areas where you could be more gentle with yourself and others, and more flexible in your expectations? Where might your perfectionism leak into relational or organizational health and well-being? How might this limit your perspective, and your ability to fully inhabit your power as a creator?
2. To what degree, if any, do you struggle with making “the right choice?” Can you think of situations where your pursuit of the “correct” path limited your thinking and your options? How can you use these insights to empower your decision-making?
3. How can you, or your organization, use the ideas that resonated for you in this book to intentionally evolve?
4. Personhood can be messy and ambiguous; the only thing that stays the same is change. How might you be more kind and gentle with yourself? How might you, or your organization, more fully embrace the ideas of open heart and open mind? Where might curiosity and surrender serve you better than resistance?
5. How can a wild world generate joyful hearts? And how can those joyful hearts then create a more sane world?
6. Where, in your everyday life, might you share the rally cry of this book? Our wild world needs your courage and your personal evolution. We’re social animals, and we learn best from each other. Tag, you’re it!

Learning in Layers

Thank you for your interest in *Wild World, Joyful Heart: Unlock Your Power to Create Health and Joy*. This book contains a great deal of information and I invite you to re-read the section on “Learning in Layers” on pages 275-276.

This book is meant to be read and re-read, as you become curious about various topics and how they might help you continue to evolve toward more health and joy. Further, I structured the book in a way that you can easily dip back into the clearly-marked chapter sections that are of particular interest to you in the moment. The glossary in the back (pgs. 285-298) also provides an easy reference area, as events unfold in your life and you want to refresh your understanding of a particular word or concept.

Take your time, and remember that what is simple is often not easy! Any moves you make toward more health, joy and personal evolution will not only serve you, but will also serve our species and our planet. I look forward to continuing this important conversation around empowered well-being!



With love and gratitude,

A handwritten signature in black ink, which appears to read 'Laurie Warren'.

“An important book—and a timely companion—when so many are suffering and wondering how to bring more health and joy into their lives.”

— Emma Seppälä, PhD, Stanford and Yale professor and author of *The Happiness Track*

