

A Simply Healthy Life Discussion Questions

These questions can be used on your own to help you go deeper and apply the concepts of each chapter to your life. They can also be used with a friend or with a group as you work through these topics together and hold one another accountable.

Chapter 1: Changing Your Life for Good

1. Do the Magic Wand exercise. If you could wave a magic wand and your life, family, and health could be exactly as you wanted it, what would that look like? Use a stream-of-consciousness style of writing. Don't edit as you go—just write what you're thinking. Try to be as detailed as possible. Where do you live? How do you feel every day? What's your financial situation? What are your relationships like?
2. Of all the things you want to change to create your Magic Wand life, which feels most important or pressing, or which do you feel most passionate about?
3. Craft your answer to the previous question into a SMART goal. Make sure it is specific, measurable, attainable, relevant, and time-bound.
4. What is one good habit you want to develop that's in line with your values and your Magic Wand life? Why do you want to create this habit?
5. What is one bad habit you want to break, and why? Is there a good habit you could replace it with that would fulfill the same reward or desire?

Chapter 2: Food as the Culprit and the Cure

1. Think back to your upbringing as it relates to food. Who influenced your eating habits the most? What experiences impacted the way you eat today?
2. How would you rate your current digestion? Are you experiencing any GI symptoms?
3. How do you navigate the topic of "healthy" and "unhealthy" foods? What do you think about the idea of calling them "all the time" foods and "sometimes" foods? How might a shift in perspective help you handle this tricky topic?
4. What is something you'd like to change about what or how you eat?

Chapter 3: Move Hard, Sleep Hard

1. How would you rate your current level of movement out of 10 (with 0 being barely any movement and 10 being as active as possible)? What factors contribute to that rating?
2. How mobile is your job? If you have a desk job or a job that is very inactive, what are some ways you can move more during the day?
3. Have you ever bought into the lie that exercise should be viewed as a punishment? How do you feel about the idea that movement can bring us joy? Of the types of movement listed, which are you most excited to try?

4. How would you rate your sleep out of 10 (with 0 being very little sleep and 10 being fully rested every night)? Why did you give yourself that rating?
5. What are some ways that you could improve your sleep hygiene?

Chapter 4: The Path to Optimal Functioning

1. Are you experiencing any symptoms that you'd like to find the root cause of? If so, what are they? What steps can you take to find out more?
2. Do you feel like you're getting enough water each day? What could you do to increase your hydration?
3. Take inventory of your personal-care products. Which ones might you choose to investigate or gradually swap out?
4. Look at the list of strategies to support your detoxification system. Which of these ideas would you consider implementing first?
5. For one day, track everything you eat in an app such as MyFitnessPal, and at the end of the day, check your fiber intake. Did you meet the recommended daily fiber target of twenty-five grams per day for women or thirty-eight grams per day for men? If not, what could you add to your eating plan to include more fiber?

Chapter 5: Healthy Home

1. In what ways does your home feel peaceful, like a sanctuary?
2. What are some of your very favorite memories you've made in your current home? What about previous homes?
3. Take inventory of your household cleaning products. Are there any that you could investigate or gradually swap out?
4. Which of the easy swaps described in this chapter would you be interested in trying out in your home? Which do you feel would make the biggest impact?

Chapter 6: Sacred Simplicity

1. In what ways have you believed the lie that more is more?
2. When you think about minimizing, simplifying, and decluttering, what emotions come up for you?
3. Which spaces of your home are most cluttered? Which feel most simple and organized? How do those different spaces make you feel when you're in them?
4. What are your top two personal or family values that will help you know what to say yes to?
5. Which space in your home do you want to simplify first? What's one step you can take to get started?

Chapter 7: Healthy World

1. Consider your commute to work, school, and activities. Are there any strategies for minimizing personal emissions in this chapter that you and your family could try?
2. How could you use your purchasing power to positively impact the planet? Is there something you're considering buying that you could get used?
3. Of the tips for avoiding plastics, which would you like to try? What's one step you could take toward implementing that goal today?
4. When you consider your home energy usage, are there any improvements you could make in this area?
5. When it comes to ways the government can mitigate climate change, which do you feel most excited about? What's one thing you could do to make your voice heard on this topic?

Chapter 8: Building Mental Resilience

1. How would you rank your current mental health out of 10 (with 0 being personal catastrophe and 10 being the best you've ever felt)? Why did you give yourself that rating?
2. What are some of the factors in your life that contribute to your stress? What strategies could you use to mitigate some of the effects of that stress?
3. Of the tools mentioned for managing stress, which one seems like it would be most helpful for your current situation? What's one step you could take to implement that strategy?
4. Which of these struggles has impacted your life: the inner critic, insecurity, judgment, worrying about what other people think, lack of forgiveness, or a victim mentality? In what ways has that struggle affected you? What's one step you could take to be an agent in your own story in this area?

Chapter 9: Finding—and Being—a Good Friend

1. How difficult or easy has it been for you to make friends throughout your life?
2. Are you happy with the number and depth of your friendships? In what ways could your friendships be improved?
3. Are you surprised that friendships are an essential part of good health? Why or why not?
4. Think of a friend you were once close to who you'd like to go deeper with again. What are some ways you can reconnect with them, and how could you maintain that connection? Consider reaching out to them today!

Chapter 10: Harmony at Home

1. What are some of your favorite memories from your family of origin? What is something you loved doing as a child that you could do now as an adult?

2. Take one of the personality tests described in this chapter. What did you learn about yourself?
3. In what ways would it help you to discover more about the personalities of your spouse, children, or other members of your family?
4. How would you rank the communication in your family out of 10 (with 0 being you're all mimes and 10 being you're the best communicators in the world)? In what ways could your communication improve?

Chapter 11: Sabbath

1. Before reading this chapter, what was your understanding of or experience with the Sabbath?
2. Would you say you're in need of rest? Why or why not?
3. What would you need to do to prepare for a day of Sabbath?
4. Make a list of things you'd like to avoid on your Sabbath. Now make a list of all the things that bring you joy that you'd like to do on the Sabbath.

Chapter 12: Finding Your Purpose

1. In what ways do you currently find purpose in your life?
2. Describe your perfect day. If you could do anything, what would you do?
3. Think about what gets you fired up about what's wrong with our world. How could you become more involved with a solution to that problem?
4. Do you ever struggle with imposter syndrome, like you're not worthy to be doing what you're doing or what you'd like to do? What truth could you tell yourself to fight this mentality?