

The Power of 3 Discussion Guide

1. Robb describes what it was like to receive a devastating cancer diagnosis. Have you ever faced an unexpected situation that seemed beyond your ability to cope? What did it feel like? How did you make it through?
2. Describe a time when you've employed the Power of 3 in the situations you've faced, even without having a name for the principles (*asking* the right questions, *activating* your God-given gifts, and inviting *advocates* into your life). What were the results?
3. Describe a circumstance in your life when you think the results could have been better (in a relationship, a job, finances, health, etc.). How might the Power of 3 have helped you toward a better result?
4. Robb writes, "A stressful situation can trigger a cascade of hormones that produce dramatic physiological changes—the fight-or-flight response. . . . Allowing the emotional region of your brain to take over is a good thing if you're being confronted by an angry dog. It's not so good, however, if you're in a situation that calls for reason and analysis" (pages 28–29). Describe a time when you've felt the physiological fight-or-flight response in a stressful situation. Did the situation merit that response? Why or why not? How might asking the right questions have allowed you to better navigate that situation?
5. Robb writes, "Chief among the most potentially damaging questions are those that start with the little word *why*" (page 38). Was this surprising to you? Why or why not? Why are *why* questions not as productive as *what* and *how* questions?
6. The first principle of the Power of 3 is asking the right questions, and the right questions are identified as *discovery*, *innovative*, and *proactive* questions. What "right questions" have you asked in the past that have helped you? What "right questions" can you ask to help you through the situations you're facing today?
7. Robb describes his dog, Bentley: "Bentley doesn't try to be a guard dog. He instinctively knows to lead with his best talent" (page 85). What would others say are your "best talents" that come naturally to you? What would you say are your "best talents"? On a scale of 1 to 10 (1 being not often, 10 being all the time), how often are you able to employ your "best talents" at work? At home? In your relationships?
8. The graphic on page 90 summarizes the eight steps Robb used to activate his talents in facing his cancer diagnosis and treatment. Which of these steps can you relate to? When have you done these things in the past? Which might be helpful next steps to you today?
9. Robb writes, "Using our gifts isn't a solo act. Our natural talents aren't given to us only for our own enjoyment. One of the greatest joys in life is using our gifts in order to allow others to express theirs" (page 119). Describe a time when using your gifts helped someone else to activate theirs, or when someone else's gifts helped you to activate yours. What was the result? How can you use the talents you've identified in yourself to allow others to express theirs?
10. Robb describes the potential reasons we resist advocates as 1) we believe it's a sign of weakness to need help, 2) we may not consciously understand that we are stiff-arming potential advocates, and 3) we haven't experienced the great joy of having advocates in our lives (pages

135–136). Have you had trouble inviting advocates into your own life? Do any of these reasons resonate? Why or why not?

11. The “triangle within the triangle” of advocates is family, friends, and faith (see pages 142–150). How have you sought advocates within this triangle in the past? How might you invite advocates from among family, friends, and faith in the future?
12. Robb offers the equation for a healthy culture: “Advocates + Caring Conversations = Healthy Culture.” Have you experienced a healthy culture? What traits stand out to you? Does Robb’s equation match your experience? Explain. If you haven’t experienced a healthy culture, what changes could you implement in your position to cultivate a healthy culture where you are?
13. The Power of 3 can be effective in coaching yourself, your family, and your coworkers. Think of the people in your life. Who could benefit from your coaching? What might that coaching look like? What step could you take today to put the Power of 3 to work for that person?
14. Think of a difficult situation you are facing today. What result do you hope for? How might asking the right questions, activating your God-given gifts, and inviting advocates (and being an advocate to others) help you reach that result?