



Meeting #4, 3/31/2025

Discussion Questions for Part IV: Fire and Light

1. Walrond outlines an acronym for areas of attention when considering self-care: S - spiritual wellness, P - physical wellness, I - intellectual wellness, R - relational wellness, and E - emotional wellness (p. 151). Which of these areas deserves the most attention at this point in your life?
2. At several points over the course of the book, Walrond brings up the importance of “practice”, i.e., “ritual,” in cultivating a joyful life. With respect to self-care, she uses a “SPIRE tracker” to remind herself of how she is doing in that respect (pp. 221-225). What are the practices you regularly use to remind yourself to give yourself care?
3. Walrond advocates for regularly engaging in “self-compassion breaks.” These breaks require taking time to mindfully bring awareness to your emotions, to remind yourself of the common experiences of humanity, and to engage in kindness to yourself (pp. 154-155). What stops you from engaging in this sort of practice?
4. Considering the eight requirements that Walrond outlines for the people you might include in your “star collective” (pp. 160-163), how many people in your life do you feel might make that cut? What might you do to cultivate more relationships that would fit?
5. Walrond argues that meaningful work comes not from chasing our passions, but from chasing our curiosity (p. 168). How has this worked out (or not) in your own life?
6. If focusing on the risks we take as “experimentation” normalizes for us the concept of failure (p. 172), then what experiments are you currently running in your life? What is the best failure you’ve ever experienced?
7. It can be extraordinarily easy, in a world that is not built for our well-being, to ignore gratitude, or even to avoid it (pp. 175-177). What practices might you incorporate (or that you already incorporate) into your life to bring greater attention to gratitude and celebration?

