

ANNEX: Discussion Prompts and Activities for Rising Resilient Coaching Groups, Book Clubs, and Masterminds

This annex offers a flexible framework designed to deepen your engagement with the themes of *Rising Resilient*, fostering reflection, connection, and actionable growth. Whether you're working solo or in a group, these prompts and activities provide the tools you need to explore concepts like burnout, ambition, identity, resilience, and leadership on a deeper level.

The thought-provoking questions and exercises will guide your conversations, spark meaningful insights, and empower you to take intentional steps toward creating lasting change in your life. Use these resources to reflect on your experiences, engage with others, and move forward with clarity and purpose as you build a more resilient, aligned, and joyful life.

1. Burnout & Resilience

Theme: Burnout is the symptom; resilience is the practice.

Discussion Prompts:

1. What are the early signs of burnout that you've experienced in your own life? How do you typically respond to these signs?
2. Reflecting on your personal journey, where have you experienced misalignment between your ambition and well-being? How has it impacted you physically, emotionally, and mentally?
3. How do you define resilience, and what practices have you put in place to cultivate it in your life?
4. Discuss one area where you are actively choosing resilience over burnout. What small step can you take today to reinforce this choice?

Activity:

Self-Care Inventory: Create a list of personal self-care practices that help you recharge and avoid burnout. Share your list with the group and discuss any new practices you'd like to try.

2. Ambition & Identity

Theme: Ambition is the driver; identity is the anchor.

Discussion Prompts:

1. How has your ambition shaped the person you've become, both professionally and personally?
2. At what point did you begin to question whether your current path truly aligned with who you are at your core? What factors influenced this shift?
3. How do you balance striving for more with staying true to your authentic self?
4. Have you ever experienced a conflict between your ambition and your values? How did you navigate it?

Activity:

Vision Mapping: Draw a vision board or map of your ambitions and your identity. Where do these elements overlap, and where do they diverge? Use this as a tool to reflect on whether your ambitions are serving your deeper values.

3. Leadership & Vulnerability

Theme: Leadership is not just about guiding others but about embracing vulnerability as a powerful strength.

Discussion Prompts:

1. What does vulnerability mean to you in a leadership context? How comfortable are you with showing vulnerability as a leader?
2. Reflect on a time when embracing vulnerability in your leadership led to a breakthrough. What did you learn from that experience?
3. How can vulnerability create stronger connections with your team or clients?
4. What's one action you can take this week to lead with more vulnerability and authenticity?

Activity:

Vulnerability Challenge: Commit to one small act of vulnerability in your leadership this week (e.g., sharing a personal challenge, asking for help, showing emotional openness). Share your experience in the next session.



4. Mindset Shifts & Growth

Theme: Mindset shifts fuel growth and personal evolution.

Discussion Prompts:

1. What mindset shifts have been most transformative in your journey as an entrepreneur or leader?
2. Where in your life or work do you notice a fixed mindset may be holding you back from growth? What would it take to shift it?
3. How do you foster a growth mindset in others, whether in your team, clients, or family?
4. Reflect on a failure or setback. How did your mindset contribute to either overcoming it or getting stuck?

Activity:

Growth Mindset Exercise: Identify one area of your life where you're currently facing a challenge. Write down the fixed mindset beliefs you may have about it, then reframe those beliefs into growth-oriented statements.

5. Work-Life Alignment

Theme: Aligning your work with your life's deeper purpose leads to sustainable success.

Discussion Prompts:

1. How do you currently balance your personal and professional life? What does work-life alignment look like to you?
2. In what ways might your work have become misaligned with your personal values or life goals? What steps can you take to realign?
3. How does your sense of purpose inform your work and the way you lead?
4. Have you experienced a moment where aligning your work with your personal life gave you a deeper sense of fulfillment?

Activity:

Alignment Reflection: Spend a few minutes journaling about where you feel most aligned in your work and life. Where do you feel out of alignment? Share your reflections with the group and discuss potential adjustments.



6. Overcoming Setbacks & Building Sustainable Success

Theme: Overcoming setbacks is a key part of building lasting success, not just short-term wins.

Discussion Prompts:

1. What setbacks or challenges have shaped your current approach to business or leadership?
2. How do you differentiate between a temporary setback and a sign that your path needs to change entirely?
3. Reflecting on your entrepreneurial journey, how have you adjusted your strategy or mindset after encountering obstacles?
4. What practices or philosophies have helped you build resilience after facing a major challenge?

Activity:

Setback Storytelling: Share a story of a significant setback you've faced and the lessons you learned from it. Discuss how that experience has shaped your current approach to success and leadership.

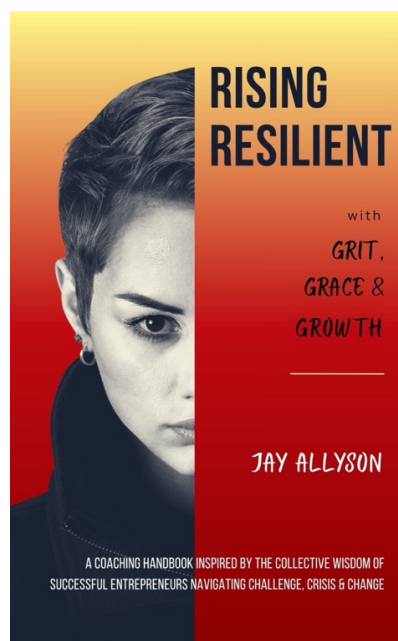
7. Personal Takeaway & Future Action

Discussion Prompts:

1. After reflecting on the topics discussed in this book, what is your biggest personal takeaway? How will you apply it moving forward?
2. What is one action you can commit to today that will help you create sustainable success without sacrificing your well-being?
3. Looking ahead, how can you integrate the practices of resilience, vulnerability, and growth into your daily life and leadership?

Activity:

Future Visioning: Write a letter to your future self, describing where you want to be in one year in terms of resilience, ambition, leadership, and work-life alignment. Include the steps you'll take to get there.



Rising Resilient with Grit, Grace & Growth

(Published November 2025)

Kindle, Paperback, Hardback, Audiobook

Available via Amazon: <https://amzn.to/4rmssgA>

More from Jay Allyson on her website: jayallyson.com