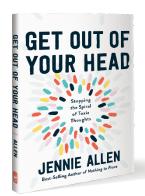




eflect	
	Take a few minutes to observe any similarities that you have with the life experiences that you have in common with the author.
bserve	
	Summarize the chapter in a few sentences.
mahize	
	Consider who in your life you can call and empower with the information that you gained from reading the chapter.



Week Two

Reflect	After reading chapter, take a few moments and reflect on your life and how the reading connects with what you are experiencing in your life.
O bserve	Take a few minutes to observe any similarities that you have with the life experiences that you have in common with the author.
	Summarize the chapter in a few sentences.
Summarize	Consider who in your life you can call and empower with the information that you gained from reading the chapter.
Empower	



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npoweli	

Discussion Questions for Week One:

1.	What are you most looking forward to in this book club?
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2.	What do you find yourself thinking about the most?
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3.	What keeps you from believing you can control your thought life?
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Notes	for	Week	Two:
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