

***The Momentum Method* by Shanon Tysland**

Discussion Guide

1. The Stories We Carry

Shanon writes about the early experiences that shaped his beliefs about resilience and security. What stories from your own childhood still influence the way you approach challenges today?

2. The Cost of Hustle

The book challenges the idea that constant hustle is the price of success. Have you ever achieved something that looked impressive from the outside but left you feeling depleted on the inside?

3. Small Sparks of Change

Shanon describes his awakening as a series of small shifts rather than one dramatic moment. Can you recall a small change in your own life that ended up creating a much bigger ripple effect?

4. Mapping Your Direction

The Momentum Method begins with "Map"—asking who you want to become and where you want to go. When was the last time you paused to honestly answer that question for yourself?

5. What You Choose to Own

Owning your numbers means paying attention to what matters most rather than what is easiest to measure. What is one number or rhythm in your life you could start paying closer attention to?

6. The Myth of Arrival

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8. Naming Your Energy Vampires

Shanon describes energy vampires as anything that quietly pulls attention away from the present moment. What tends to drain your energy without you fully realizing it in the moment?

9. Effort Versus Outcome

The book argues that effort is something we can always control, while results are not. Can you think of a time when the effort you put in mattered more than the outcome you were chasing?

10. Redefining What's Possible

The book closes with an invitation to give back and live with intention. What is one way you could bring more purpose into your own daily life starting this week?