

Find Your Pulse

by Shari Andrews, MD

Questions for Discussion

1. What does "finding your pulse" mean to you right now?

The book opens with a reflection on what it means to lose your rhythm—mentally, emotionally, and spiritually. This question asks you to consider your current state of alignment and clarity.

2. Which part of Dr. Shari's story resonated most deeply with your current season?

From medicine to motherhood to entrepreneurship, Dr. Shari wears many hats. Which chapter of her life echoes your own? Why?

3. Have you ever looked successful on the outside while feeling misaligned internally?

Dr. Shari writes candidly about the disconnect between outer success and inner fulfillment. Reflect on a time you may have felt the same way.

4. Which "vital sign" (mind, body, spirit, community) have you been ignoring?

Use the Pulse Check framework introduced in the book to explore which areas of your life may need more attention.

5. How do you define success for yourself today?

As your values evolve, so does your definition of success. How has yours changed since the beginning of your journey?

6. When was the last time you felt fully seen and supported?

Throughout the book, Dr. Shari emphasizes the power of community and connection. Who are your "village people," and what does true support look like for you?

7. What boundaries have you had to set—or still need to set—to protect your peace?

Dr. Shari shares how hard it can be to advocate for yourself, especially when you're used to being the strong one. Where in your life is a boundary calling your name?

8. What roles or expectations have you outgrown?

From single motherhood to high-pressure career paths, many of us live under labels that no longer fit. Which identities do you want to release—and which ones are you ready to reclaim?

9. How has rest—or the lack of it—shaped your well-being?

The book explores burnout and the myth of "pushing through." What does real rest look like for you? How can you create more space for it?

10. If you were to check your "pulse" today, what would it reveal?

Now that you've read Find Your Pulse, take a moment to assess your mental, physical, spiritual, and social health. What feels strong? What needs nurturing?

Want to Host a Book Event?

Interested in bringing Find Your Pulse to your book club, organization, or wellness group? Email hello@shariandrews.com.

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Website: www.shariandrews.com

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Every beat counts.