

# 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](mailto:hello@shariandrews.com).

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Website: [www.shariandrews.com](http://www.shariandrews.com)

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Every beat counts.