



Reflect	reading connects with what you are experiencing in your life.
<b>O</b> 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.
<mark>S</mark> ummahize	
	Consider who in your life you can call and empower with the information that you gained from reading the chapter.
Empower	



### Week One

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#### Discussion Questions for Week One:

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

#### Notes for Week One:

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