



# afterwork

## Conversation Guide

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### What Now?

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- a) All through the years up to now, what have been your dreams for your retirement? What have you imagined would be your reality once you get to that stage of life?
  
- b) How are those dreams looking now? (For those now “retired”) Are your dreams coming true?
  
- c) Look at the “Sugar Rush” graphic on page 17. What’s your reaction to this? Does it make sense, or not? (Anybody want to tell a story about this?)

### You’re a Person, Not a Portfolio

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- a) Financially speaking, what are you afraid of these days? Be honest!
  
- b) How comfortable (or uncomfortable) are you as you live in a world of VUCA (Volatility, Uncertainty, Complexity, Ambiguity)? How do you show your feelings about this, even unintentionally?
  
- c) Look at the list (on pages 26-27) of 11 things you CAN control. Pick out two of these that need your attention, and then share with the group.

### Key 1: Purpose

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- a) This chapter starts out saying there’s a big difference between happiness and meaningfulness. Really? If so, what is that difference, in your opinion?
  
- b) Here is a standard conversation starter we often hear: Person A—“So how have you been?” Person B—“Oh, just really busy.” What does that mean? Anything at all? In our culture, what does the four-letter word b-u-s-y signify?
  
- c) Some people have a list, in the back of their mind, of things they “deserve” in retirement. What’s on your list?

- d) Go around the room, and each person define yourself without mentioning your (past or present) job, position, or corporate identity. How hard is it to do this?
- e) If at this stage of life you were to spell out a worthy purpose for your future, what might it be? Take a stab at articulating one or two things in 25 words or less. (If you're struggling, glance back at the three questions on pages 42-45.)
- f) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

### Key 2: Calendar

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- a) How have you kept track of your appointments up to now? What methods, systems, or apps do you use?
- b) Will you ditch these once you retire?
- c) Name a few things you would like to schedule once you have more time.
- d) What's your most productive time of day? How might you maximize that segment?
- e) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

### Key 3: Movement

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- a) Do you have a love/hate relationship with the topic of this chapter? If so, describe.
- b) The authors make a bold statement: "Temporary discomfort creates lasting comfort." True or false, in your opinion? Why?
- c) What's your main barrier to becoming more active? Is it truly a barrier, or just an excuse? What will you do in response to this?
- d) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

#### Key 4: Journaling

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- a) Is journaling similar or different to what you expected it to be?
- b) What did you think of the section that started with “Journaling is the least-expensive form of counseling”? True or false, in your opinion?
- c) After reading all the recommendations for journaling in this chapter, are you going to try it? Why or why not?
- d) If you’re not convinced journaling could be beneficial to you yet, would you consider something less committal like a short gratitude journal a few evenings a week?
- e) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

#### Key 5: Faith

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- a) This chapter eventually gets down to the question of what’s your belief system, and are you still feeding it? (See page 99.) How would you give an honest answer to that? (If you need to say, “I don’t know,” that’s all right.)
- b) This chapter mentions a man (Saul of Tarsus) who was initially “strong on religion—and void of faith.” How is that possible?
- c) What would you like to do, at this late stage, to rise beyond “internal discontent” and move toward ultimate peace with God? If you feel you’re already there, describe how that happened in your case.
- d) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

#### Key 6: Connection

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- a) Do you ever sense that your life in this season is at times a little too quiet? Describe.
- b) This chapter gives lots of options for combatting loneliness. Which of these are you already doing? Which are you open to try out?

- c) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

### Key 7: Learning

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- a) What's one topic you've always wondered about but never had the time to explore?
- b) What would it take to delve into this? Where would you start?
- c) If you gained a new segment of knowledge, who might you be able to help by applying it?
- d) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

### Key 8: Awareness

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- a) The authors think that the older we get, the more blunt we become (in person or online), sounding off more loudly on various subjects—to our social detriment. Do you think that's true? Have you seen this happening?
- b) What did you think of the "Mr. Emotional vs. Ms. Rational" parable?
- c) How aware (or mindful) are you in the area of your spending? Is your awareness of self more or less refined than that of your money?
- d) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

### Key 9: Generosity

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- a) How often do you check your account balances? Monthly? Weekly? Daily? And how do you feel afterward?
- b) This chapter defines financial generosity as "the gateway for releasing the desire to control." What do you think of that? Is it a good thing, or is it impractical?

- c) What do you think about being generous today, not just after your death?
- d) If you don't get personal credit for your gifts of money or time, what was the point?
- e) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

### Key 10: Awe

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- a) In recent years, popular talk has gained a new adjective: awesome. It's thrown around constantly (as in "This hamburger is awesome!" or "You got a new shirt? Awesome!").... Try to name one thing or event in your life that truly deserves the term.
- b) How might you take notice of or experience something awesome in the next 24 hours?
- c) And how might that be of benefit to you?
- d) If you could distill the chapter into one main takeaway for your life, what is that? What action do you need to take now? Add this answer to the Call-to-Action list at the end.

### The Destination We All Share

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- a) Do you have a personal "bucket list" for the rest of your days on earth—either written or just mental (inside your head)?
- b) The chapter asks, "If I were given just a year to live, which of the items on my list are actually important to me?" How would you answer that question?
- c) Name two new things you might add to your list, to fulfill your true purpose.

### Cultivated

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What will be your first step toward building a better afterwork? In other words, which of the ten keys will you begin cultivating first? Review your Call-to-Action answers below and focus on one or two to really pursue.

## Your Call-to-Action List

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Key 1: Purpose:

Key 2: Calendar:

Key 3: Movement:

Key 4: Journaling:

Key 5: Faith:

Key 6: Connection:

Key 7: Learning:

Key 8: Awareness:

Key 9: Generosity:

Key 10: Awe:

## Final Guidance

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Now prioritize the above list and focus on two that are the highest priority for you. Reflect on these and write out immediate steps you plan to take to progress in these areas.

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2.

Share these with the group or an accountability partner and plan to check back in together in 3-6 months' time to weigh progress and see how things are going. Remember, nothing happens overnight. It takes time for a new discipline and mindset to enact the change you wish to see, and that process is what actually molds you. We are here with you along the way. **YOU GOT THIS!**

We would be honored to hear your feedback! Write a review at: [Amazon](#)



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