

## **DISCUSSION QUESTIONS**

***A Year of Spiritual Companionship: 52 Weeks of Wisdom for a Life of Gratitude,  
Balance and Happiness***  
**Anne Kertz Kernion**

1. In what ways are you hoping to grow in the coming year? What new habit or practice would you like to begin that would aid in that growth? Do you know others who can help and encourage you?
2. Are there any “happiness” activities that you’ve put into practice and found beneficial?
3. Have you had an opportunity to spend a few extra moments truly observing someone or something, seeing the “ordinary wonders” around you? What do you take for granted?
4. What unique gifts can you offer to the world that you haven’t yet cultivated? What steps could you take to start that process?
5. Is there a weekly reflection that speaks to you more than others, with suggestions you continue to follow? Why does that one resonate with you?
6. Did any of the stories from the author’s life cause you to remember an event in your own life that you’d forgotten? What happened? Did you gain any insight?
7. What advice would you give graduates if you were asked to give a commencement address?
8. How do you express your creativity? In what ways do you (or would you like to) nurture it?
9. Have you taken some time to sit quietly and breathe, or to eat a meal at half-speed? If so, what was that experience like?
10. Discuss a time when you had a “Velcro” moment that could have been better handled in a “Teflon” way.
11. What insights or practices discussed in this book do you want to bring into you in your life, and why?