



## Additional Discussion Questions for *Tame Your Inner Critic*

- 1) What is your favorite lesson from the book?
- 2) What questions did this book raise in your mind?
- 3) The author defines the inner critic as a mash-up of the thoughts, feelings, judgments, and criticisms people have sent your way and you've accepted as your truth. Is this how you see the inner critic?
- 4) How did you define living a life on purpose before reading *Tame Your Inner Critic*? How about now?
- 5) What, tool, do you find most helpful? Are you a grounding cord person, a Golden Sun person? Do you stomp it out or blow it up in a rose?
- 6) Do you meditate? What's your practice? Has it changed your life? If so, how?
- 7) Has *Tame your Inner Critic* made you think differently about your life? If so how?
- 8) How do you practice gratitude in your own life?
- 9) Are you finding it easier to say no to those events and activities that are not in alignment with your Statement of Being? If not, why not?
- 10) What are your favorite quotes from this book?
- 11) Have you asked other people to read the book? Have they? What has been their reaction?
- 23) Has this book affected how you will move forward in the world? If so, how?
- 24) What does living your life on purpose mean to you?

*Additional resources for Tame Book Groups found at [dellatemple.com](http://dellatemple.com)*