



Thoughtfully Fit[®]

YOUR TRAINING PLAN FOR LIFE AND BUSINESS SUCCESS

Reader Discussion Guide

We hope you're enjoying your copy of *Thoughtfully Fit: Your Training Plan for Life and Business Success!*

This guide was designed to help you go deeper into the strategies and practices outlined in the book.

Reflect on these questions Individually or with your book club!



Chapter 1 • Thoughtfully Fit: Ground Zero

- The book begins with Darcy describing how her life fell apart out of nowhere and calling this her “Mount Crisis.” When did you unexpectedly experience your own Mount Crisis?
- Darcy compares getting Thoughtfully Fit to getting physically fit, in the sense that it takes training and practice to be thoughtful. How else is becoming Thoughtfully Fit similar to being physically fit? How is it different?

Chapter 2 • A Coach Approach to People Problems

- Darcy lists the top six people problems that people experience. Which one resonated most with you?
- As a Master Certified Coach, Darcy described what coaches do and don't do. What is your impression of “life coaches?” How is it similar to and different from what Darcy described?

Want to get Thoughtfully Fit but not sure where to start?
Visit GetThoughtfullyFit.com for support and resources for your
Thoughtfully Fit journey!



PART I • Engage Your Core

Chapter 3 • Pause: Take a Moment

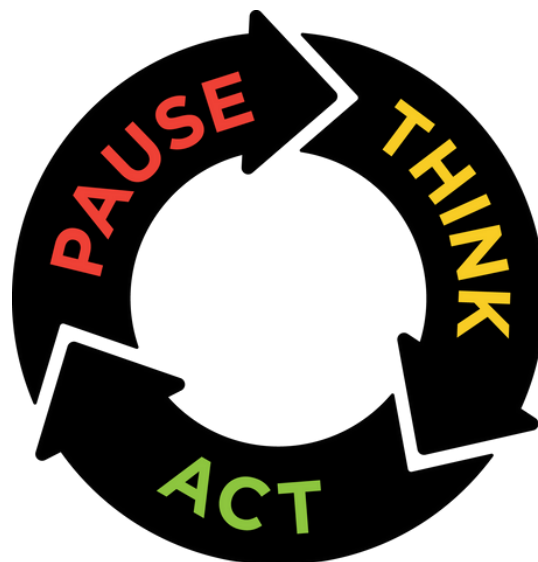
- Darcy says: “While you don’t control what happens, you do control what happens next.” Do you agree? Why, or why not?
- The core of Thoughtfully Fit is to Pause, Think and Act. In that order! Which of these comes most easily to you? Which is the most challenging?

Chapter 4 • Think: Ask Thoughtful Questions

- Darcy’s story includes tough conversations she had to have with her young daughters. How do you approach tough conversations with your loved ones?
- Darcy shares the story of Tom and how he started asking himself unhelpful questions that didn’t lead to new awareness, such as “What was I thinking?” What are some unhelpful questions you find yourself ruminating on? What are some thoughtful questions you could ask instead?

Chapter 5 • Act: Choose Your Response

- The final step in engaging your core is to Act. You have to “take the shot.” What obstacles are in the way of you taking that shot?
- Darcy shares that when she visited John in jail for the first time, she gave herself permission to not put on a happy face for John’s sake and allowed herself to be true to her feelings. Do you ever put on a happy face to make others feel better? When is it effective? When is it not?



PART II • Internal Practices

Chapter 6 • Stillness: Quieting the Mind

- Practicing Stillness is an opportunity to quiet your mind in order to make better sense of what's going on around you. What's your favorite way to practice Stillness?
- Darcy shares the story of Emily and how she needed to fill up every moment in order to be productive. How do you define being productive? What does it look like for you?



Chapter 7 • Strength: Choosing Consciously

- One of the Strength strategies is to set your own thermostat and not let others' emotions rub off on you. When other people are hot around you, how do you keep your cool?
- Darcy describes wanting to go to her church but not feeling ready to face the stares and questions. How do you think you would've responded if you'd been part of Darcy's community in the first few weeks after her husband's arrest?

Chapter 8 • Endurance: Overcoming Obstacles

- Darcy's most vocal trash talker is "Little Miss Perfect Pants." What's your trash talker's name? What do they say?
- Darcy mentions that she understands if you judge her for the unorthodox division of labor around household chores. Thinking about your own household, how much do you wonder if people judge you and your decisions?



You can build a foundation for being Thoughtfully Fit that prepares you for life and business success.

That will give you the courage and confidence to handle whatever hurdles life throws at you.



PART III • External Practices

Chapter 9 • Agility: Responding Effectively

- Taking responsibility is one way to practice Agility and respond, instead of react. This means avoiding saying “But they started it!” When is it easy for you to take responsibility? When is it difficult?
- “Mafia Mom” was likely emotionally hijacked when confronting Darcy after John’s arrest. When have you experienced the feeling of being emotionally hijacked like Mafia Mom was? What was it like for you?



Chapter 10 • Balance: Achieving Alignment

- When it comes to achieving alignment, Darcy describes a continuum of doormat to bully, where a doormat always gives in to other people’s requests, while a bully wants to get their way at any cost. On a scale of 1 (doormat) to 10 (bully), where would you put yourself on this spectrum? Where do you want to be on the spectrum?
- Darcy desperately wanted to let her daughter come home, like she asked for, but also knew it would be best for her to stay in Minnesota until the end of the school year. How would you have handled this situation?

Chapter 11 • Flexibility: Stretching for Acceptance

- An important part of practicing Flexibility is setting boundaries. What boundaries have you set that have been most effective? Where do you still need to set boundaries?
- Darcy describes having compassion for John and forgiving him. She says: “My choice not to be angry and bitter is an important one for me and my girls.” What do you think about Darcy’s choice? Where have you worked to forgive someone who wronged you?



When you start to focus on your own behavior, rather than trying to change other people, you'll have more control over your life.



PART IV • Thoughtfully Fit OnCore

Chapter 12 • Enjoy the View

- Of the six Thoughtfully Fit practices, which one do you do best? Which one do you want to improve at?
- What's one action you can take this week to get more Thoughtfully Fit?

Epilogue

- Which part of Darcy's story has stuck with you the most?
- If you could ask Darcy one question, what would it be?

Thank you!

Great job investing in yourself by going through this reader's guide to create more awareness!

Regardless of whatever challenges you're facing, you have the opportunity to overcome them. We can't always control what happens. But you have 100% control of what happens next...how you respond.

Thank you for being on this journey with us to get Thoughtfully Fit. We're excited to continue to train and practice with you!

Thoughtfully, Darcy



Do you have questions for Darcy or her Thoughtfully Fit coaches?
Send us an email at dlcc@darcyluoma.com.
And be sure to join our Facebook group, [Thoughtfully Fit OnCore!](#)

