

BOOK STUDY OUTLINE

SHINE: 10 DISCIPLINES FOR MAXIMIZING YOUR ENERGY, IMPACT, AND INNER PEACE

by Gino Wickman & Rob Dube

This study is designed for a group of 3-8 people to spend an hour together processing the content, discussing it to deepen their understanding and practicing using it in their own lives. Additional resources for the book can be found at the10disciplines.com.

Scott Patchin

OVERVIEW

Objective #1

Remember the key to change is to PRACTICE a new task or habit. It takes 21 days of doing it to establish a new habit, so your goal for reading this book as a group is to design some time between chapters to practice something presented by the author.

Objective #2

When we share a commitment with others and ask for their support, it increases our likelihood to follow through on it. Support comes in two ways – praise when they see us practicing our new skill and feedback when we don't.

Objective #3

Fun!! Doing these studies around a meal is also a fun way to take a break, and provides its own built-in reward.

BOOK STUDY OUTLINE:

Preparation: Hand out the book to everyone and assign them to read the intro (pp. 1 to 21) and take the assessment (pp 22-23). Be ready to share:

1 Your score

2 2 or 3 areas you feel strong (4 or 5 on survey)

3 2 or 3 areas you can see needing to do some work (1 or 2 scores)

SESSION 1

60 minutes – have fun and feel free to ask questions as you go around the room. Take notes as people share, especially the areas they want to focus on.

1 Go around the room and have everyone introduce themselves (pick 3-5 questions off page 1 of my Team Member Fact Sheet)

2 Share: Go around the room and each person gets 5 mins

- a What was your score on the assessment?
- b What 2-3 areas do you feel like you were strong? (4 or 5)
- c What 2-3 areas do you see as something you would like to work on? (1 or 2)
- d Was the assessment accurate for you? Does it reflect how you feel about how well you are *maximizing your energy, impact, and inner peace*?

Assignment: Read Part 1: The 3 Discoveries to Free Your True Self (pp. 25-97)

1

Which discovery is true about me?

2

What lessons have I learned in life to help navigate this?

3

What do I still need to learn?

SESSION 2

60 to 90 minutes – plan for 90 minutes until you get to a point where you get used to the time. A good practice is to give people 3-5 minutes to share as you go around and manage the time accordingly.

- 1 Open discussion: What in the reading stood out to me? Agree? Disagree?
(Note: If someone missed session 1 have them introduce themselves and answer the questions about the assessment)
- 2 Share: Go around the room and have each person share their answers to the prep questions:
 - a Which discovery is true about me?
 - b What lessons have I learned in life to help navigate this?
 - c What do I still need to learn?

Assignment: Read Discipline 1 & 2

1

What in the reading stood out to you? Agree? Disagree?

2

Do you have any current practices or habits around either? What has been the personal impact of doing it?

3

Which discipline do you commit to practicing in the next week?

SESSION 3

60 to 90 minutes – plan for 90 minutes until you get to a point where you get used to the time. A good practice is to give people 3-5 minutes to share as you go around and manage the time accordingly.

- 1 Open discussion – just ask people to share. Allow space for discussion and questions to draw out their story.
 - a What thoughts/ideas from the authors stood out to you in the reading for today? Do you agree or disagree with them? (Share a brief reason why.)
 - b Do you have any current practices or habits around either? What has been the personal impact of doing it?
- 2 Share: What is the one thing you commit to practicing/doing in the next week around these disciplines?
TIP A simple practice for each one would be: Spend 20-30 minutes writing a 10-year vision or take one day or a whole weekend where you DON'T touch work

Assignment: Read Disciplines 3, 4 & 5

1

What in the reading stood out to you? Agree? Disagree?

2

Do you have any current practices or habits around either? What has been the personal impact of doing it?

3

Which discipline do you commit to practicing in the next week?

SESSION 4

Time – set realistic time based on previous sessions

- 1 Share: Give a 1-minute overview of your commitment to practice. Did you do it? If “yes” – what was your experience? Is it something you want to continue? If “no” – what was your barrier to being successful? How can the team support you around this in the future?
- 2 Open discussion – just ask people to share. Allow space for discussion and questions to draw out their story.
 - a What in the reading stood out to you? Agree? Disagree?
 - b Do you have any current practices or habits around either? What has been the personal impact of doing it?
- 3 Share: What is the one thing you commit to practicing/doing in the next week around these disciplines?

Assignment: Read Disciplines 6 & 7

1

What in the reading stood out to you? Agree? Disagree?

2

Do you have any current practices or habits around either? What has been the personal impact of doing it?

3

Which discipline do you commit to practicing in the next week?

SESSION 5

Time – set realistic time based on previous sessions

- 1 Share: Give a 1-minute overview of your commitment to practice. Did you do it? If “yes” – what was your experience? Is it something you want to continue? If “no” – what was your barrier to being successful? How can the team support you around this in the future?
- 2 For this week’s reading:
 - a What thoughts/ideas from the authors stood out to you in the reading for today? Do you agree or disagree with them? (Share a brief reason why.)
 - b Do you have any current practices or habits around either? What has been the personal impact of doing it?
- 3 Share: What is the one thing you commit to practicing/doing in the next week around these disciplines?

Assignment: Read Disciplines 8, 9 & 10

1

What in the reading stood out to you? Agree? Disagree?

2

Do you have any current practices or habits around either? What has been the personal impact of doing it?

3

Which discipline do you commit to practicing in the next week?

SESSION 6

Time – set realistic time based on previous sessions

- 1 Share: Give a 1-minute overview of your commitment to practice. Did you do it? If “yes” – what was your experience? Is it something you want to continue? If “no” – what was your barrier to being successful? How can the team support you around this in the future?
- 2 For this week’s reading:
 - a What thoughts/ideas from the authors stood out to you in the reading for today? Do you agree or disagree with them? (Share a brief reason why.)
 - b Do you have any current practices or habits around either? What has been the personal impact of doing it?
- 3 Share: What is the one thing you commit to practicing/doing in the next week around these disciplines?

Assignment: Reflection on the book & your practice

1

Tell everyone the 4 things you practiced. Which one or 2 had the greatest impact on me and I want to continue?

2

How helpful was the group study for me? Was it valuable? Would I ever want to do another one?

3

Who else in this organization would benefit from reading this book? (Would you be willing to lead that book group?)

4

What discipline(s) do I want to continue to practice? How can this group/anyone in this group help you succeed in turning that discipline into a habit?

SESSION 7

Time – set realistic time based on previous sessions

- 1 Share: Give a 1-minute overview of your commitment to practice. Did you do it? If “yes” – what was your experience? Is it something you want to continue? If “no” – what was your barrier to being successful? How can the team support you around this in the future?
- 2 Share: Summarize the experience
 - a What were the 4 things you practiced? Which one or 2 had the greatest impact you want to continue?
 - b How helpful was the group study for you? Was it valuable? Would you want to do another one?
 - c Who else in this organization would benefit from reading this book? (Would you be willing to lead that book group?)
 - d What discipline(s) will you continue to practice? How can this group/anyone in this group help you succeed in turning that discipline into a habit?

NOTE FROM SCOTT:

I would love an email to hear how this study went for your team and if you did anything different that worked well that I could share with other teams asking for this template. Just send me a brief email to scott.patchin@eosworldwide.com.

Thanks for helping me help others!

Blessings

Scott Patchin

ADDITIONAL RESOURCES:

Take a look at the authors' website for additional resources, including group coaching programs around the 10 Disciplines.

the10disciplines.com

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