



STOP RUSHING

Start Living

Book Club *Guide*

A practical guide for book clubs,
group discussion and personal
reflection.



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This book club guide is offered as a free resource, created to support meaningful conversation, reflection, and connection.

You are very welcome to share this guide with friends, family, and book club members, and to print copies for use within your own group.

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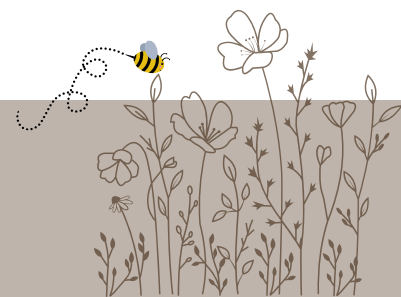
This guide is intended for personal reflection and group discussion only. It is not a substitute for professional psychological or mental health support. If anything arises for you while reading or discussing the material, please reach out to a qualified professional for additional support.

Thank you for respecting the intention behind this work and for helping keep it shared in a thoughtful and ethical way.



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Welcome!

Thank you for choosing **Stop Rushing Start Living** as part of your book club! Well done to all of you for connecting and sharing this journey together. Be each other's cheerleaders and celebrate everyone's progress together no matter how big or small. I am deeply grateful that you have chosen my book to help you on your personal growth journeys. ♡

I created this guide to help bring the ideas from the book into everyday life in a practical, grounded way. At its heart, slow living encourages us to pause, notice and make small, meaningful changes that support a calmer, more intentional and deeper way of living.

This guide is designed to:

- *Spark thoughtful discussion*
- *Encourage reflection and self-awareness*
- *Help you explore the book's ideas and themes more deeply*
- *Support connection with others who are also longing to slow down*

You can use this guide with a book club, community or workplace wellbeing group, retreat, or simply on your own. There's no single "right" way to use it. Take what resonates, adapt what feels useful, and leave the rest.

I hope you find inspiration, peace and joy on your journey to living a slower, more intentional life!

Lots of love,



A Note From Liz

This book club guide isn't a rulebook or a step-by-step manual for running a book club. It's a collection of ideas, tips, and suggestions designed to help you create a space that feels welcoming, flexible, and true to the spirit of the book. My hope is that it encourages meaningful conversations, reflection, and exploration of the ideas within, making your book club experience both enjoyable and inspiring.

To help keep the space welcoming and supportive here are a few simple suggested group guidelines:

- **Move at your own pace** – There's no hurry and no "right" way to go through the book or the resources. Follow what feels meaningful to each of you.
- **Create a kind, non-judgemental space** – Everyone's thoughts, feelings, and experiences are valid. Respect and curiosity go a long way.
- **Share if you wish** – You can contribute as much or as little as you feel comfortable; it's perfectly fine to simply listen.
- **What's shared in the group stays in the group** – Keeping conversations confidential helps create trust and comfort.
- **Reflections over answers** – The prompts and questions are here to spark thought and conversation, not to produce perfect responses or compare ourselves with others. Everyone's journey is unique.
- **This is not a therapy group** – This guide is meant purely for conversation, reflection, and applying the techniques and strategies in the book to your own life. It is not a substitute for professional support.
- **If things come up for you** – Your wellbeing matters. If any reflections or discussions stir strong emotions or challenges, please seek professional support. This helps ensure both your safety and peace of mind for everyone in the group.

Use this guide in the way that feels right for you — as a personal reflection tool, a conversation starter, or a shared journey with others. It's all about using the concepts from this book to create a deeper sense of calm, meaning and joy in life.



Sample Session Flow

If you're wondering how to shape your time together, the sample below offers a simple starting point. There's no need to follow it step by step - use it as inspiration and adjust it to suit your group, your space, and the energy of the day.

1. A short grounding moment

A simple mindfulness or gratitude exercise from the book, or something a group member wishes to share.

2. Chat through the discussion prompts

Let the conversation go where it needs to go. Some questions will spark lots of sharing, others may not - both are completely fine.

3. An optional activity

You can make up your own, use ones out of the book or I have also created ***The Stop Rusing Start Living Book Club Resource Guide***, which includes printable worksheets, journal prompts, challenge cards, quote cards, affirmation cards, and exercise cards based on the book.

(The full downloadable resource guide is available for purchase on www.slowdownwithliz.com)

4. A gentle close

This could be a shared intention or affirmation for the week, a takeaway thought, or simply a moment of gratitude before heading off.

*"Gathering isn't about having answers,
it's about being human together."*

-Liz Anderson

Hosting Tips

When it comes to numbers, smaller groups often work best. Around 6–8 people is usually a nice size, big enough for variety and connection, but small enough for everyone to have a chance to join in if they want to.

Meet weekly, fortnightly, or monthly, whatever feels realistic and sustainable for your group. It can also help to set a start and finish time so everyone knows what to expect.

Each session can stand on its own or gently build on the one before. There's no need to be rigid, follow the energy of the group.

Although slow living is a mindset, the space you meet in can really help set the tone. Book clubs don't have to look one particular way. You might meet in someone's home, a café, library, restaurant, wine bar, in a park, the beach, online, or even while taking a gentle walk together. You can stick with one option or mix things up as you go.

Keep things simple, casual, and comfortable. Rotating hosts or locations can help share the load and take the pressure off one person.

Remember that everyone will experience the book differently. People are welcome to have different opinions, move at their own pace, or apply the ideas in ways that suit their own lives. Respectful disagreement and diverse perspectives aren't just okay they often lead to richer, more meaningful conversations.

You don't need to cover everything. Meaningful connection matters more than getting through a list, so take your time, enjoy the process, and let the conversations unfold naturally!



Slow is allowed. Imperfect is welcome. Connection is enough.

Caring For Ourselves & Each Other

Now this is the psychologist in me speaking and while it might sound a little cautious, it comes from care and experience.

Personal growth book clubs can be deeply rewarding. They help people stay engaged with the ideas, build a sense of connection, and offer gentle motivation and accountability. At the same time, as the book suggests, we're all a bit like onions - we have layers. Many people carry things quietly, and sometimes reading and reflecting can bring up emotions we didn't expect.

When this happens in a group setting, it can feel tricky. People often want to help, fix, or step in, which comes from a place of kindness and compassion, but it can also leave others feeling uncomfortable or unsure of their role. Most of us aren't trained mental health professionals and a book club isn't a therapy group.

That's why I've included a small card you can print and share with your group. It's designed to gently set expectations and offer guidance on what to do if difficult feelings come up. This helps keep the group safe, supportive and within its purpose. You'll find the card below, ready to print and hand out to your group.



When Big Feelings Come Up

It's normal for personal reflection and meaningful conversations to bring up strong emotions. If you find yourself feeling overwhelmed, distressed, or unsure how to cope, you don't have to handle it alone.

This book club is a space for shared reflection and conversation — it isn't a therapy group and while care and kindness are always welcome here, deeper personal support is best explored with a trained professional.

If difficult feelings arise, consider reaching out to:

- *Your family doctor or primary care provider*
- *A psychologist, counsellor, therapist, or other mental health professional*
- *A trusted life coach, spiritual leader, minister, or faith-based support person*
- *Someone you trust for additional support*

You may also find the chapter in the book on when to seek professional support helpful.

Looking after yourself is a strength, not a failure and you deserve care that truly supports you. ♥

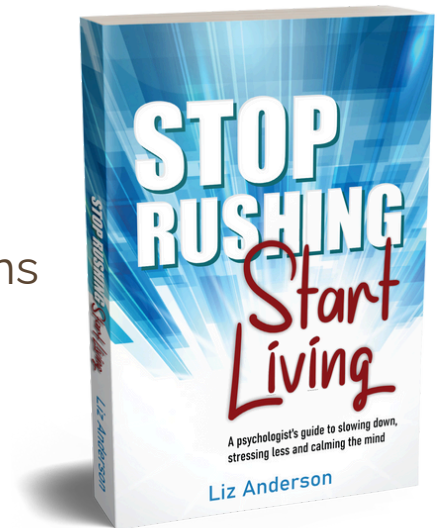
Exploring the Chapters

The following pages offer suggested discussion questions organized by chapter from ***Stop Rushing, Start Living***.

You don't need to answer every question, these prompts are designed simply to spark conversation, reflection and deeper engagement with the book, helping you explore how its ideas can be applied in your own life.

Each chapter section includes:

- A brief chapter overview
- Thought-provoking discussion questions
- The chapter quote
- The chapter affirmation
- A short note from the author



Enjoy exploring these ideas and happy discussing!





Chapter 1

Slow Living: What It Is and Isn't

Overview

This chapter introduced the concept of slow living covering its origins, common myths and guiding principles like presence, gratitude, self-care, simplicity, self-reflection, boundaries and learning to let go.

Discussion Questions

1. What first stood out to you in this chapter about slow living?
2. Can you relate to the feeling of life moving too fast that Liz describes?
3. Which myths about slow living surprised or resonated with you?
4. Are there principles from the chapter that feel most relevant or appealing to you right now? (e.g., presence, gratitude, boundaries, letting go)
5. How might the idea that slow living is a mindset (not dependent on income, location, or lifestyle) shift the way you approach your own life?
6. Which part of this chapter speaks to you the most? Why?

Quote

"The faster we go, the less we see." - Unknown

Affirmation

"I am learning to welcome change with an open heart and a curious mind. Trusting that every small step is guiding me toward growth and richer experiences."

Author Note

When I wrote this chapter, I wanted to show just how accessible slow living can be, no matter what season of life you're in, where you live, or what you earn. Slow living is a mindset, a way of being in the world. My hope is that this chapter has inspired you to reflect on how you might integrate these practices into your own life.



Chapter 2

Living On Purpose: The Power of Intention

Overview

This chapter explored the transformative power of intention. Explaining how even small actions, when guided by intention, can create more meaningful experiences, deepen connections and shift the way you approach everyday activities.

Discussion Questions

1. Can you relate to Liz's story about walking on autopilot versus walking with intention?
2. How do you understand the difference between intentions and goals? Do you find one easier to set than the other?
3. Which intention-setting method (one-sentence, four-question, visualization) feels most natural to you? Why?
4. How could setting intentions affect your daily routines, relationships, or habits?
5. Have you noticed moments where your intention has shaped your experience or your actions? Can you share an example?
6. What challenges or obstacles might get in the way of living with intention, and how could you address them?

Quote

"Purpose is the reason you journey. Intention is the map that guides you."

- Unknown

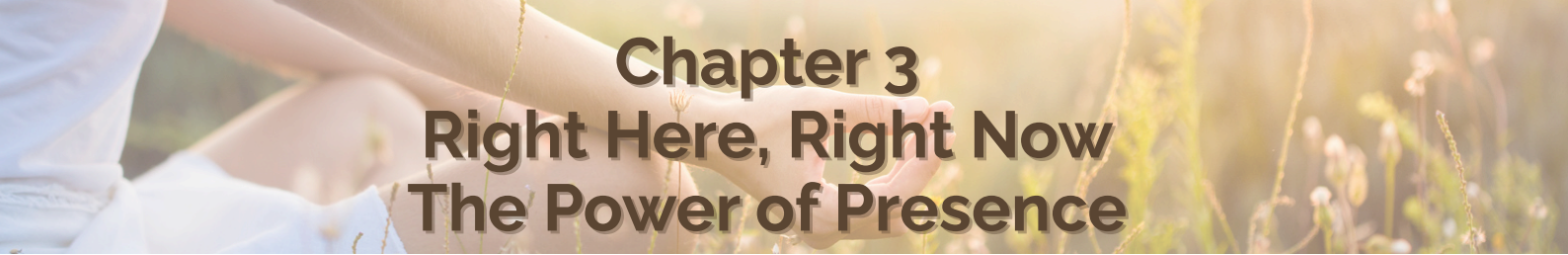
Affirmation

"I am learning to move through my day with clarity, purpose, and intention."

Author Note

In this chapter, I wanted to explore how something as simple as setting an intention can quietly transform even the smallest moments. When we pause and shift our attention, we create space for more meaning, awareness, and self-compassion to enter our lives. My hope is that you'll try this gentle practice for yourself and experience how small changes in intention can create a deeper, more meaningful way of living.





Chapter 3

Right Here, Right Now

The Power of Presence

Overview

This chapter explored mindfulness and the practice of being fully present in the moment. Mindfulness is presented as both a skill and a way of life, accessible to anyone, at any time, without requiring big changes or extra time.

Discussion Questions

1. Reflect back on your week, when were you truly present? What were you doing, and how did it feel?
2. Liz talks about transforming ordinary tasks into mindful moments. Which daily tasks in your life could become opportunities for presence?
3. Habit bundling is a key strategy in this chapter. Are there routines in your day where you could attach mindful moments?
4. Which of the ten mindfulness techniques feels most achievable for you? Which might be a stretch?
5. What challenges might get in the way of staying present, and how could you address them in your daily life?

Quote

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.” - Buddha

Affirmation

"I am learning to become more mindful in my daily life and even small moments of stillness nourish me."

Author Note

In this chapter, I wanted to share how transformative mindfulness has been in my own life. Simply slowing down and pausing created a sense of timelessness, helping me feel I could truly slow my days without adding anything extra, just by bringing more awareness to the moments I was already living. My hope is that you, too, can discover the quiet power of presence in your everyday life.



Chapter 4

Everyday Grace

Finding Joy & Gratitude in the Ordinary

Overview

This chapter explored the practice of gratitude and how noticing and appreciating even the smallest joys in daily life can shift your perspective, calm the mind, and enrich your experience.

Discussion Questions

1. Reflect on your own life: are you naturally more aware of things that are going well or things that are lacking?
2. Liz describes her initial struggle with noticing gratitude. Have you ever experienced a similar difficulty? How did you overcome it?
3. Which of the three key aspects of gratitude - awareness, appreciation, or expression - resonates with you most?
4. Have you noticed how small moments, like a flower blooming or a warm cup of coffee, can shift your mood or perspective?
5. Gratitude can coexist with hardship. How does this chapter change the way you think about acknowledging challenges while practicing gratitude?
6. Which practical gratitude techniques from this chapter could you realistically incorporate into your daily life?

Quote

"Enjoy the little things, for one day you may look back and realise they were the big things." - Robert Brault

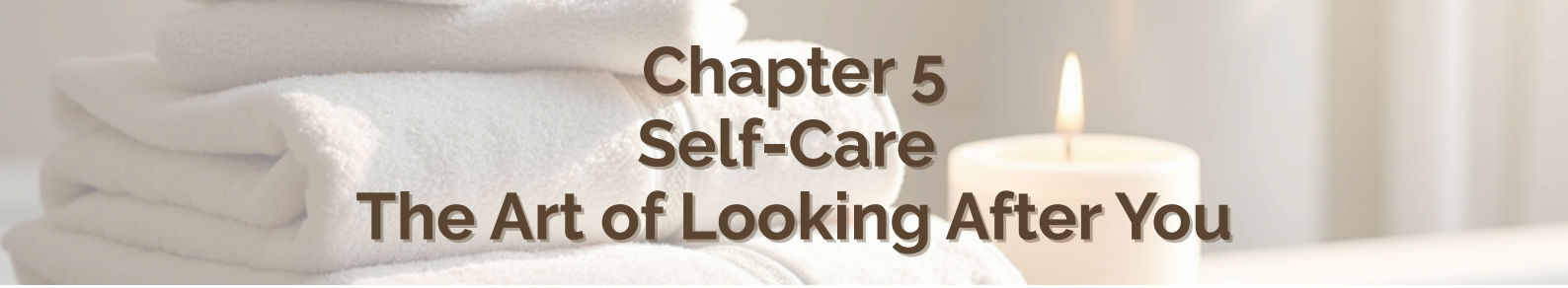
Affirmation

"Each day offers something to be thankful for, and I choose to see it."

Author Note

My hope with this chapter was to show that when we slow down enough to truly notice, we don't just come into the present moment, we open the door to appreciation and gratitude. You can't appreciate what you don't pause long enough to see, and this simple act of noticing often allows gratitude to arise naturally, even in the midst of chaos. I hope this chapter invites you to find those quiet moments of appreciation woven into your everyday life.





Chapter 5 Self-Care The Art of Looking After You

Overview

This chapter explored self-care as an essential part of living well, not something indulgent or selfish. Liz shares personal insights and practical ideas, highlighting that self-care looks different for everyone and is about creating simple rituals that nourish, recharge, and restore.

Discussion Questions

1. When you hear the phrase “self-care isn’t selfish,” what comes up for you? Do you believe this fully, or is it sometimes hard to embrace?
2. Liz describes her love of water and bubble baths as her personal “happy place.” What activities or rituals make you feel most recharged?
3. How do cultural or family expectations shape the way you approach self-care?
4. Have you ever experienced guilt or pushback from others when prioritizing your own needs? How did you respond?
5. Which of the four categories of self-care (body, mind, soul, everyday pleasures) do you feel you naturally gravitate toward, and which might need more attention?
6. Liz emphasizes the importance of self-care boundaries. How comfortable are you in setting these boundaries with family, friends, or colleagues?

Quote

“Caring for myself is not self-indulgence, it is self-preservation.” - Audre Lorde

Affirmation

“I am learning to rest and to nourish my body, mind and soul. Taking care of myself is how I build a strong foundation for everything else.”

Author Note

When I wrote this chapter, I wanted to challenge the idea that self-care is selfish or indulgent. For me, self-care has always been about restoring balance and recharging my batteries so I can meet life with more steadiness and calm. I hope this chapter gives you permission to care for yourself in the same way.



Chapter 6

Simplify, Unclutter & Thrive

Overview

This chapter explored the power of simplifying your life, both physically and mentally. Clutter and overcommitment drain energy, increase stress, and distract us from what truly matters. Simplifying isn't about perfection or minimalism for its own sake; it's about creating space for calm, clarity, and meaningful experiences.

Discussion Questions

1. How does your environment affect your mood and mental energy? Can you recall a time when a messy or cluttered space impacted your day?
2. What does "simplifying" mean to you personally? Is it mostly physical, mental, emotional, or all three?
3. Liz talks about reclaiming time, reducing decision fatigue, and creating space for joy. Which of these benefits resonates most with you?
4. What small, manageable areas of your life feel cluttered right now? Are they physical spaces, routines, finances, or mental/emotional?
5. The chapter introduces the idea of a personal sanctuary. How could you create a mini-retreat in your own home, even if space is limited?
6. Have you noticed ways that social pressures, habits, or technology contribute to "clutter" in your life? How might you start letting go?

Quote

"The ability to simplify means to eliminate the unnecessary, so that the necessary may speak." - Hans Hofmann

Affirmation

"I am ready to release what no longer serves me and make room for what brings me peace."

Author Note

When I wrote this chapter, I wanted to share how closely my inner world is connected to my outer one. I don't believe we need to be neat freaks, but I've noticed that when my environment feels cluttered, my mind often feels scattered too. Being more mindful about the things and distractions in my life has given me greater clarity, focus, and space to breathe and I hope this chapter inspires you to reflect on the things in your life as well.



Chapter 7

Disconnect to Reconnect

The Path Back to You

Overview

This chapter explored the importance of unplugging from the noise of modern life to reconnect with yourself, others and the natural world. Liz emphasizes that stepping away from screens, constant input and distractions is a vital practice for mental clarity, creativity and well-being.

Discussion Questions

1. Liz talks about how her dog instinctively reconnects with nature when he's feeling unwell. Can you think of moments when being in nature or unplugging made you feel better physically, emotionally or mentally?
2. What does "disconnecting" mean to you personally? Is it about technology, social media, noise or something else?
3. Liz contrasts passive rest (like binge-watching TV) with restorative rest (like a walk in the sun). Which type of rest do you find most refreshing and why?
4. How often do you allow yourself moments of silence in your day? What comes up for you when you try?
5. The chapter highlights modelling unplugging for children and younger people. How might your habits around technology influence those around you?
6. Liz mentions the connection between unplugging, creativity, and imagination. When was the last time you felt inspired during a quiet, unstructured moment?

Quote

"When we unplug from the noise of the world, we remember the rhythm of our breath, the pulse of the earth, and the quiet truth of who we are." - Liz Anderson

Affirmation

"I know that when I disconnect from the noise of the world, I reconnect with my purpose, my joy and my inner wisdom."

Author Note

In this chapter, I wanted to share the healing power of nature, which I found deeply powerful in my own personal and spiritual journey. Stepping away from daily distractions creates space for inspiration, a deeper connection to our intuition and the chance to feel aligned with something greater than ourselves. I hope it encourages you to carve out moments to reconnect with the natural world and yourself.



Chapter 8

The Power Of Boundaries

Creating Space For What Matters

Overview

This chapter explored the importance of setting healthy boundaries in all areas of life - work, relationships, technology and within ourselves. Liz explains that boundaries create space for what's important, enhance emotional resilience, improve decision-making and strengthen relationships. The chapter provides practical strategies for identifying, communicating and maintaining boundaries, including tips for people-pleasers and managing pushback.

Discussion Questions

1. Liz talks about how neglecting boundaries can blur the line between work and personal life. Have you ever experienced this? How did it feel?
2. What does a "boundary" mean to you personally? Are there areas in your life where boundaries feel difficult or uncomfortable?
3. The chapter highlights how people-pleasing can make boundary-setting challenging. Do you recognise any people-pleasing habits in yourself?
4. How do you currently protect your emotional, time or digital energy? Are there areas where you could set clearer boundaries?
5. Have you noticed times when saying no felt uncomfortable but necessary? How did it impact your energy or well-being?
6. Liz talks about boundaries as both internal (what you make for yourself) and external (what you communicate to others). What internal and external boundaries have you set in your life?

Quote

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others." - Brené Brown

Affirmation

"I am learning to protect my energy and wellbeing by setting up and communicating healthy boundaries."

Author Note

As a recovering people-pleaser, this was a powerful chapter for me to write. Boundaries have always been a challenge, I won't lie, it was hard at first, but over time it got easier. I wanted to share the freedom and clarity that comes from setting kind, firm boundaries, and how they create space for the people, experiences, and activities that truly light you up. I hope this chapter gives you the confidence to exam the boundaries in your life too.





Chapter 9

Learning to Let Go

Overview

In Chapter 9 Liz explained that holding onto past hurts, regrets or unprocessed emotions keeps us stuck, drains our energy and prevents us from living fully in the present. Letting go helps us make peace with the past, accept what's beyond our control and reclaim our emotional freedom.

Discussion Questions

1. Think of a time when you've held onto a past hurt, regret or disappointment. How did it affect your mood, relationships or sense of self?
2. Liz says letting go doesn't mean forgetting, it means creating space for peace. What does that idea mean to you personally?
3. How does the distinction between what you can control and what you cannot play a role in your ability to let go?
4. Forgiveness, of others and of yourself, is described as a tool for release. How do you feel about forgiveness in your own life?
5. Which letting go techniques (writing, visualisation, breathwork, creative expression, speaking out loud) feel most accessible or appealing to you?
6. Liz talks about letting go as a layered, ongoing process. Can you think of an experience you've released in stages? What helped at each stage?

Quote

"The beautiful journey of today can only begin when we learn to let go of yesterday."
- Steve Maraboli

Affirmation

"I give myself permission to let go of the thoughts, stories, and emotions I've been carrying that no longer serve me."

Author Note

Letting go is one of the hardest things for people to do, and as a psychologist, I've noticed it's where people get stuck the most. In this chapter, I wanted to highlight how important it is to release what we cannot control, focus on what we can change and shift our attitude toward the rest. I hope this chapter gives you the confidence to practice letting go in your own life, with the knowledge that it opens the way for greater peace and emotional freedom in your future.



Chapter 10

The Power of Self-Reflection

Overview

This chapter explored self-reflection and its role in personal growth, emotional resilience and intentional living. Liz shares how small, intentional pauses can help us tune into our inner world, stay aligned with our values and respond to life with greater clarity. Self-reflection strengthens the relationship you have with yourself, helping you become your own supporter rather than your harshest critic. It integrates mindfulness, gratitude, self-care, simplifying, setting boundaries, and letting go into a single, accessible practice that nurtures insight, self-compassion, and emotional responsibility.

Discussion Questions

1. Think about your day-to-day life, how often do you pause to check in with yourself? How might this practice change your perspective or decisions?
2. Liz emphasizes that we all have two inner voices one positive and the other critical. How do your inner voices affect your confidence, choices, or mood?
3. How do you currently respond to challenges, mistakes, or setbacks? Can you identify ways self-reflection might help you respond with a growth mindset and self-compassion?
4. What small daily or weekly routines could you implement to make self-reflection a habit?
5. Liz describes self-reflection as tuning into your inner compass. How might regular check-ins help you stay aligned with your goals, values, and intentions?
6. Are there areas of your life where you feel you're reacting rather than responding? How could self-reflection help you take emotional responsibility?

Quote

"Knowing yourself is the beginning of all wisdom." - Aristotle

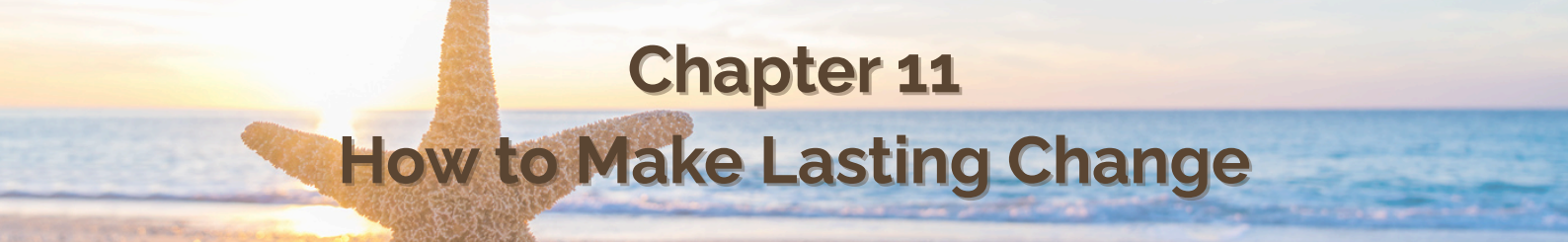
Affirmation

"I honour my journey by pausing, reflecting, and learning. With each reflection, I connect more deeply to my true self and embrace the wisdom within."

Author Note

I've found that taking time for self-reflection naturally opens the door to greater self-compassion and growth, and this is something I wanted to share with others. These small, intentional pauses help me stay connected to my values, goals, and intentions, and allow me to move through life with more clarity and ease. My hope is that it encourages you to weave moments of self-reflection into your own days and discover how gently but powerfully it can guide you forward.





Chapter 11

How to Make Lasting Change

Overview

This chapter explored why lasting change is hard and how to approach it in a sustainable, realistic way. Liz explains that change takes effort, patience, and consistency. There are no quick fixes or magic solutions. Real change happens gradually, one small, intentional step at a time.

Discussion Questions

1. What changes have you tried to make in your life before? What made them stick or not?
2. How do you typically respond when change feels hard or slow? How might self-compassion help during these times?
3. Liz talks about the "grey zone," when life feels okay but change is still needed. Where in your life might you be lingering in this zone?
4. Which of your habits or routines could be approached more gradually, with small steps, instead of trying to overhaul everything at once?
5. How do you feel when others resist or question your choices for growth? How can you stay grounded while continuing your journey?
6. What are two small, meaningful changes you could focus on this month that would make your life feel more aligned with your values?

Quote

"Be the change that you wish to see in the world." - Mahatma Gandhi

Affirmation

"I am learning to stay committed to my growth, one choice at a time."

Author Note

I've often struggled with change myself. It took me time to realise that lasting change doesn't happen overnight, it's about small, steady steps, patience, and kindness toward yourself along the way. I hope this chapter inspires you to trust your own journey and celebrate each step forward, no matter how small.





Chapter 12

When to Seek Professional Help

Overview

This chapter explored when and why seeking professional support can be an important and empowering part of personal growth. Liz explains that therapy is creating a safe, supportive space to better understand yourself, untangle old patterns, and move forward with clarity and self-compassion. Seeking help is framed as a courageous and intentional step toward living more consciously, slowly, and authentically.

Discussion Questions

1. What messages did you grow up with about asking for help or seeking therapy? How have those beliefs shaped your choices?
2. The chapter talks about making the unconscious conscious. What does that idea mean to you personally?
3. In what ways do you tend to push through or cope alone, rather than seeking support? What makes asking for help feel difficult?
4. How do you distinguish between normal life challenges and signs that extra support might be helpful?
5. What kinds of support feel most nourishing to you right now — emotional, practical, professional, or community-based?
6. How might slowing down and creating space for reflection (with or without therapy) change how you approach your life?

Quote

"Until you make the unconscious conscious, it will direct your life and you will call it fate." - Carl Jung

Affirmation

"I am learning to honour my own personal needs, seek support when I need it, and grow with courage and compassion."

Author Note

As a psychologist, I've seen that meaningful personal growth can happen in many ways, and therapy is not a requirement for change or self-discovery. At the same time, recognising when you might need extra support is a strength, not a weakness. There are moments when life feels stuck, overwhelming, or unclear, and having someone walk alongside you can offer clarity, compassion, and perspective. My hope is that this chapter encourages you to trust yourself, both in knowing when you can move forward on your own and when seeking support may help you grow with greater ease.



Chapter 13

Let's Get Started

Your Slow Living Roadmap

Overview

This chapter is about taking the insights from the book and turning them into a practical, personal roadmap for slow living. Liz guides readers to reflect on their values, assess where they are, choose manageable steps, and create an action plan that grows with them. The emphasis is on small, intentional changes, self-reflection and self-compassion.

Discussion Questions

1. What is your personal "why" for embracing slow living? Why does this feel important to you right now?
2. Which areas of your life feel rushed, chaotic, or out of alignment? Which areas already feel grounded, joyful, or intentional?
3. Looking back at the slow living principles (intention, mindfulness, gratitude, simplifying, self-care, reconnecting, boundaries, letting go, self-reflection), which ones resonate most with you?
4. Which two principles feel most manageable to start building into your life? Why these?
5. How do you feel about taking responsibility for your own growth and choices? Does this feel empowering, challenging, or a mix of both?
6. How can you remind yourself to be patient and compassionate with yourself as you follow your roadmap?

Quote

"Success is the sum of small efforts, repeated day in and day out." - Robert Collier

Affirmation

"I am learning to honour the pace of my own becoming. I trust that slow, intentional steps will carry me exactly where I'm meant to go. I release the pressure to rush, and welcome the quiet power of presence, peace, and purpose."

Author Note

In this chapter, I wanted to help tie everything together and offer a practical, doable roadmap for moving forward. My hope is that it reminds you that, no matter what has happened in your life, you have the power to choose your path and create a life that feels meaningful and aligned with your values. You truly hold the power to steer your journey in the direction that feels right for you.



Thank You!

From the bottom of my heart, thank you for choosing Stop Rushing Start Living as part of your book club and personal growth journey. I am truly grateful for your curiosity, your openness, and the time you've taken to pause, reflect, and explore what it means to live a slower more intentional life.

I would truly love to hear your thoughts, feedback, and stories about your own slow living journey. If you'd like to get in touch, you can reach me at info@slowdownwithliz.com.

If you feel moved to do so, I'd be deeply grateful if you left a review on Amazon for the book. Your review not only means a great deal to me, but also helps others discover this work and begin their own journey. The QR code below will take you directly to Amazon where you can share your thoughts.

You can also connect with me and find more resources, inspiration, and practical tips for slow living at www.slowdownwithliz.com, and follow along on Instagram, Facebook, YouTube, TikTok, and Substack for ongoing ideas, encouragement, and support around slow living and mental wellbeing.

Remember, slowing down isn't about doing less; it's about making room for what truly matters. Every mindful moment, every gentle choice, and every small step you take is building a life that feels calmer, richer, and more meaningful. Trust yourself, be patient with your journey, and know that you have everything within you to create a life that nourishes your heart, sparks your joy, and honors the person you are becoming.

Liz





If you've enjoyed this guide and want to take your slow living journey even further, I've created

The Stop Rushing Start Living Book Club Resource Guide.

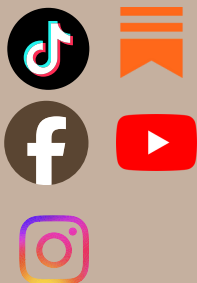
This printable PDF includes worksheets, journal prompts, challenge cards, exercise cards, and inspirational affirmation and quote cards - all designed to help you bring the book's ideas into your everyday life in a fun and practical way.

It's the perfect companion to use on your own or with your book club, and it's available for purchase from my website at www.slowdownwithliz.com.

I can't wait to see how you use these tools to create more calm, joy, and intention in your life!

Disclaimer

This book club resource is intended for educational and self-development purposes only. It is not a substitute for professional therapy or mental health care. If you experience distress, emotional difficulty, or any mental health concerns while using this material, I encourage you to seek support from a qualified health professional.



www.slowdownwithliz.com

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