

Situated

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

Where are you sitting right now, and what one thing within arm's reach makes this spot feel good to you?

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WARM-UP

2

Picture a room from any time in your life where you felt most like yourself. What was in it, and who was there?

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DISCUSSION

3

Duckworth suggests that sometimes the kindest thing we can do is change our situation rather than blame ourselves. Did that idea feel like a relief to you, and was there a moment in your life it made you see differently?

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DISCUSSION

4

Think of a friend, teacher, or mentor who brought out a better version of you just by being around. What did they do that made you feel that way?

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DISCUSSION

5

The book looks at how our neighborhoods and communities shape us. What's one thing about a place you've lived that you still carry with you, whether that's a smell, a sound, or a ritual?

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DISCUSSION

6

Duckworth writes openly about her own burnout and her marriage. Which of her personal moments moved you or felt the most familiar, and why?

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DEEP

7

By the end of the book, was there one small change you felt gently nudged to make to your home, your routines, or who you spend time with? What would it feel like to actually try it?

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DEEP

8

Duckworth's first book was about grit, and this one is about surroundings. Having read both ideas, how do you feel now about the times you struggled, and would you tell your younger self anything different?

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