

## Leadership Bookclub – Participant Handout

### Chapter 4 – Start with Heart

Q: What does the expression “work on me first” mean? Why is it important?

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Q: What’s the meaning of the expression “start with heart”?

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Q: Why is it important to stay focused on what we want?

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Q: Why is it important to ask what we want for ourselves, others, and the relationship?  
What do our wants often change to?

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**Q:** When we stop, take a breath, and ask ourselves what we really want, how does it affect our immediate physical and emotional response?

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