

Conversation Starters & Discussion Guide

For Families Reading Together

Parent-Child Conversations (Ages 8-15)

After Reading the Preface **Question:** “Who is YOUR ‘Superman’? Tell me about someone you really look up to.”

Follow-up: - “What makes them special?” - “What have you learned from them?” - “Have you told them they’re important to you?”

After Chapter 1: The Anchor - “Be Good” **Question:** “What does it mean to BE good at your school/in your life?”

Follow-up: - “When is it hard to be good?” - “Can you think of a time you chose to be honest even though it was difficult?” - “What are the values you won’t compromise, no matter what?”

Activity: Together, draw an anchor. Inside it, write 3 family values that will never change.

After Chapter 2: The Rudder - “Do Good” **Question:** “Tell me about a time you DID good and no one noticed. How did it feel?”

Follow-up: - “Why do we do good things even when no one is watching?” - “What’s one small act of kindness you could do tomorrow?” - “Have you ever seen a ‘ripple effect’ from someone’s kindness?”

Activity: Challenge each other to do one anonymous good deed this week. Report back (but don’t reveal WHO you helped).

After Chapter 3: Leadership in the Storm **Question:** “What’s the hardest thing you’re facing right now? What’s YOUR storm?”

Follow-up: - “What does this storm show you about yourself?” - “Who are the 3 people you can talk to when things are hard?” - “What would your ‘best self’ do in this situation?”

Activity: Create “storm mantras” together. Each person picks one and puts it where they’ll see it daily.

After Chapter 4: Legacy **Question:** “In 100 years, how do you want people to remember you?”

Follow-up: - “What matters more: being rich or being good? Why?” - “Who has left a legacy in our family? What did they teach us?” - “What story do you want YOUR kids to tell about you one day?”

Activity: Start a family “legacy journal.” Each person writes one thing they want to be remembered for.

After Chapter 5: The Beautiful Burden **Question:** “What responsibilities do you carry? Which ones feel heavy? Which ones feel like privileges?”

Follow-up: - “Has anyone ever carried a burden FOR you? Who? What did they do?” - “How can we help each other carry what’s heavy?” - “What’s the difference between a beautiful burden and a toxic burden?”

Activity: Write thank-you notes to people who’ve carried burdens for your family (grandparents, teachers, mentors).

After Chapter 6: The Poet **Question:** “The father was a warrior AND a poet. What are YOUR two sides that seem opposite?”

Follow-up: - “Do you think you have to choose one or can you be both?” - “What’s something creative you’d like to try?” - “How can being ‘whole’ make you stronger?”

Activity: Try something creative together (write a family poem, paint, build something, tell stories).

Deep Family Discussions (All Ages)

The Character Questions

1. “What does it mean to have integrity in our family?”
2. “When was a time you saw me (parent) make a hard choice to do the right thing?”
3. “When was a time YOU made a hard choice to do the right thing?”
4. “What family value do you want to pass to your children someday?”
5. “If you could only teach your future kids ONE thing, what would it be?”

The Storm Questions

1. “What’s the hardest thing our family has faced together?”
2. “What did that experience teach us?”
3. “How did we show our values during that time?”
4. “What ‘storms’ are we facing right now? How can we help each other?”
5. “Who in our family is the ‘anchor’? Who is the ‘rudder’?”

The Legacy Questions

1. “What stories do we tell about our grandparents/ancestors?”
 2. “What do you want people to say about our family?”
 3. “What are we building together that will last?”
 4. “How do we want to be remembered as a family?”
 5. “What values define us?”
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For Book Clubs & Adult Discussion Groups

Opening Ice Breaker

Go around the circle: “In one word, describe the father in this book. Why that word?”

Discussion Questions by Theme

THEME: Integrity (Chapters 1 & 2) **Question 1:** “The book defines ‘Be good’ as internal integrity and ‘Do good’ as external action. Which comes more naturally to you? Why?”

Question 2: “Share a time when you faced an integrity test—when you could have gotten away with something but chose not to. What influenced your choice?”

Question 3: “The author says ‘You don’t have to do good to BE good, but if you ARE good, you will DO good.’ Do you agree? Can someone be internally good but not act on it?”

Question 4: “What are YOUR non-negotiable values? Have they changed over time?”

THEME: Leadership in Hardship (Chapter 3) **Question 5:** “The book says ‘The storm doesn’t make you who you are; it reveals who you’ve always been.’ When has a crisis revealed something about your character—positive or negative?”

Question 6: “Who is your ‘storm crew’—the people you call when life is hard? How did you build those relationships?”

Question 7: “Discuss the difference between being strong IN a storm vs. being strong BECAUSE of a storm.”

Question 8: “When have you seen someone lead with integrity during a crisis? What did you learn from them?”

THEME: Legacy (Chapter 4) **Question 9:** “The three pillars of legacy are Humility, Loyalty, and Service. Rank them in order of importance for YOU. Explain your ranking.”

Question 10: “The father funded siblings’ educations and weddings instead of accumulating wealth. What sacrifices have you made for family? Would you make them again?”

Question 11: “The book asks: ‘What will people actually say at your funeral?’ Be honest—what would they say TODAY? What do you want them to say?”

Question 12: “Is legacy something you leave or something you build? What’s the difference?”

THEME: Service & Sacrifice (Chapter 5) **Question 13:** “What ‘beautiful burdens’ are you carrying right now? What makes them beautiful vs. toxic?”

Question 14: “The father served his country, his family, and his principles—often at personal cost. What are you willing to sacrifice for? What aren’t you willing to sacrifice?”

Question 15: “How do we honor the people who carried burdens so we could be where we are? Share one person who sacrificed for you.”

Question 16: “Discuss this statement: ‘Privilege is not what you have—it’s what you do with what you’ve been given.’”

THEME: Wholeness (Chapter 6) **Question 17:** “The father was a military leader, a lawyer, and a poet. What seemingly opposite qualities do YOU hold? Do you show all sides or hide some?”

Question 18: “What parts of yourself do you suppress because they don’t fit your ‘role’ (at work, in family, in society)?”

Question 19: “The book suggests we don’t have to choose between strength and sensitivity. Where have you seen this integration modeled well? Poorly?”

Question 20: “What’s your unique way of expressing ‘Do good’? (teaching, creating, organizing, healing, building, etc.)”

Deep Dive Discussion Prompts

Cultural Context

1. “The book is rooted in Indian military culture and family values. What resonated universally? What required cultural translation for you?”
2. “The father funded his siblings’ educations and marriages—a common practice in his culture. How does your culture define family obligation?”

Gender & Roles

1. “This is a father-son story. How would it differ if it were mother-daughter? Father-daughter? Mother-son?”
2. “The father integrated ‘warrior’ and ‘poet.’ How do traditional gender roles make this integration harder? How can we change that?”

Modern Application

1. “How do you practice ‘Be good, Do good’ in digital spaces (social media, online work, etc.)?”
2. “The father’s generation valued service and sacrifice. How does your generation define success? Has something been lost or gained?”

Personal Growth

1. “Which chapter made you most uncomfortable? Why?”
 2. “If you took the 30-Day Challenge, which day would be hardest for you?”
 3. “What ONE practice from this book will you implement in your life?”
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Group Activities

Activity 1: Manifesto Writing (20 minutes) Each person writes their personal “Be good, Do good” manifesto using the template in the 30-Day Challenge. Share with the group if comfortable.

Activity 2: Legacy Letters (30 minutes) Each person writes a brief legacy letter to someone important (child, partner, mentee, friend). Option to read aloud.

Activity 3: Storm Mapping (15 minutes) Create a group “storm map”: - Everyone shares their current storm (work stress, health crisis, relationship conflict, etc.) - Identify common themes - Discuss how “Be good, Do good” applies to each

Activity 4: Gratitude Circle (10 minutes) Go around the circle. Each person names one person who carried a burden for them and commits to thanking that person this week.

For Workplace Teams & Professional Development

Team Discussion Questions

On Integrity in Leadership: 1. “What does integrity look like in our workplace? Give specific examples.” 2. “When have we faced an ethical dilemma as a team? How did we handle it?” 3. “How do we respond when ‘doing good’ conflicts with ‘doing business’?”

On Leading Through Crisis: 1. “What ‘storm’ is our team/organization facing right now?” 2. “What values will we NOT compromise, even under pressure?” 3. “Who on our team exemplifies ‘leading from the storm’? What do they do?”

On Building Legacy: 1. “What legacy are we building as a team? What will people remember about our work?” 2. “How do we balance short-term results with long-term values?” 3. “What would we do differently if we asked: ‘Will we be proud of this decision in 10 years?’”

For Faith Communities & Spiritual Groups

Spiritual Reflection Questions

1. “How does ‘Be good, Do good’ align with or differ from your faith tradition’s teachings?”
 2. “Many faiths distinguish between inner purity and outward action. How does your tradition integrate them?”
 3. “The father served others as an expression of his values. How does your faith call you to service?”
 4. “What role does suffering (the ‘storm’) play in spiritual growth according to your tradition?”
 5. “How does your faith define legacy? What are you building that transcends this life?”
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For Educators & Student Groups

Classroom/Youth Group Discussions (Ages 13-18)

Identity & Integrity: 1. “What makes it hard to ‘be good’ at your school? (Peer pressure, social media, competition)” 2. “Have you ever stood up for someone when it wasn’t popular? What happened?” 3. “How do you know what YOUR values are vs. what adults want them to be?”

Leadership & Courage: 1. “What ‘storms’ do teenagers face that adults don’t understand?” 2. “Who is a young person you know who leads with integrity? What do they do?” 3. “If you could change one thing about your school to make it easier to ‘be good,’ what would it be?”

Future & Purpose: 1. “What do you want to be known for in 10 years? In 50 years?” 2. “What’s the difference between being successful and being good?” 3. “If you could only give your future kids one piece of advice, what would it be?”

Closing Reflection (For All Settings)

End every discussion with these three questions:

1. “**What resonated?**” - One idea that stuck with you
 2. “**What challenged?**” - One idea that made you uncomfortable
 3. “**What’s next?**” - One action you’ll take because of this book
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Tips for Facilitating Great Conversations

Create Safety: - “Share what you’re comfortable sharing. Pass if you need to.” - “We listen without judgment. Different perspectives are welcome.” - “What’s shared here, stays here.”

Go Deeper: - When someone shares, ask: “Tell me more about that.” - Notice what’s NOT being said: “What’s hard to talk about here?” - Connect responses: “That reminds me of what [person] said earlier...”

Keep It Real: - Share your own struggles, not just victories - Admit when you don’t have answers - Focus on progress, not perfection

End with Action: - Don’t just discuss—commit to ONE specific action - Check in at next meeting: “Did you do what you committed to?” - Celebrate small wins

For additional discussion guides and community support, visit: <https://github.com/sattaru>