

BOOST Book Club Guide

Moving from Reading to Action, One Small Step at a Time

Part A: Introduction for book club facilitators

Welcome to the Boost book club

Thank you for volunteering to facilitate a BOOST book club.

This guide is designed to help you create meaningful conversations and practical action for your group. You do not need to be an expert in energy management, coaching, or facilitation. Your role is not to teach the book or provide answers. Your role is to create a space where participants can reflect, learn from one another, and experiment with new ways to manage their energy.

The most powerful insights often come from personal experiences and honest conversations rather than expert opinions.

Purpose of the Book Club

The purpose of this book club is not to complete a book.

The purpose is to:

- increase energy awareness
- identify personal energy drains and boosters
- experiment with new behaviors
- build sustainable energy habits
- create accountability and support

Success is not measured by how much people discuss. Success is measured by what participants try between sessions.

Books alone do not change lives. Action does.

The Boost Philosophy

This book club is built around a simple cycle: Read → Reflect → Discuss → Experiment → Grow

Participants do not need to implement every idea in the book. Instead, encourage them to identify one or two practices that resonate with them and test them in real life.

Small, consistent actions often lead to the greatest long-term results.

Creating a safe environment

People are often willing to discuss their challenges with energy, stress, boundaries, and habits only when they feel safe doing so. Encourage participants to:

- Listen with curiosity rather than judgment
- Share experiences rather than give advice
- Respect confidentiality within the group
- Participate at their own comfort level
- Celebrate progress, however small

A simple guideline is: Share to learn, not to impress. Listen to understand, not to respond.

Recommended format

5 sessions are suggested. If the group meets every other week, the entire experience will span approximately ten weeks.

Session 1

Chapters 1-2: What is energy? Where am I today? Introduce the concept of personal energy management and complete the energy audit.

Session 2

Chapter 3: Awaken Your Energy. Explore habits and practices that help participants become more energized and intentional.

Session 3

Chapter 4: Protect Your Energy. Identify common energy drains and build stronger boundaries

Session 4

Chapter 5: Renew Your Energy. Focus on recovery, renewal, and sustainable energy practices.

Session 5

Chapters 6-7: From Experiment to Lasting Change. Reflect on lessons learned and create a plan for maintaining momentum beyond the book club.

Suggested meeting Structure

Every session could follow the same simple format:

1. Check-In (15 min)

Invite participants to briefly share:

- How is your energy today on a scale from 1 to 10?
- What energized you since our last meeting?
- What drained your energy?

2. Discussion (30 min)

Use the discussion questions provided for each chapter (see Part B). Focus on experiences and application rather than recalling information from the book.

Helpful questions include:

- What stood out to you?
- What surprised you?
- Where did you recognize yourself?
- What challenged your thinking?

3. Personal Reflection (10 min)

Provide time for individual reflection and writing. Remind participants not everything needs to be shared. Sometimes the most important insights are personal (see also Create a Safe Environment)

4. Experiment Sharing (15 min)

Review commitments from the previous session.

Ask questions such as:

- What did you try?
- What worked?
- What surprised you?
- What did you learn
- What will you continue?

The goal is to learn from experimentation, not to judge results.

5. New Commitment (10 min)

Conclude each session with a personal commitment. Ask every participant: "What is one thing you will do before our next meeting to increase your energy?"

Encourage commitments that are small, specific, and realistic.

Facilitator principles

Encourage sharing, not advice given.

Every participant's circumstances are different and each journey is unique. Encourage people to speak from their own experiences rather than telling others what they should do.

Make space for everyone.

Some participants process their thoughts out loud, while others prefer to reflect before speaking. Encourage participation, but respect silence. Give everyone an opportunity to contribute without putting anyone on the spot.

Celebrate experimentation.

Not every experiment will work. The goal is learning. Participants should feel comfortable sharing both successes and setbacks. Sometimes an unsuccessful experiment provides the most valuable insight.

Focus on action

Whenever possible, help the conversation move from ideas to application. The best discussions lead to action

Progress over perfection

Sustainable change rarely happens through dramatic transformation. Encourage participants to focus on small steps, tiny experiments, and self-compassion. Consistency matters more than perfect execution.

A final note to facilitators

If participants leave each session with one new insight, or one meaningful conversation, or one small action they would like to try, then the meeting has been a success.

The goal is not to finish the book; the goal is to help people build more energy for what matters most.

Thank you for being part of the BOOST community.

If you found this workbook helpful, consider sharing your experience with others, leaving a review of the book, or visiting www.volkerhack.com for additional tools and resources on personal energy management.

Appendix

Opening script

Welcome, everyone. I'm glad you're here.

As we begin, I'd like to remind us that this book club isn't about having all the answers or implementing every idea in the book. It's about learning from one another and exploring what helps each of us build more energy for what matters most.

There is no perfect way to participate. Some people enjoy sharing openly. Others prefer to listen and reflect. Both are completely fine.

As we talk today, let's share our experiences, stay curious, and keep an open mind. We may discover that what energizes one person is different from what energizes another.

Let's start with a quick check-in.

Welcome back, everyone.

Our goal today is simple: reflect on what we've read, learn from each other, and identify one small action we want to try before our next meeting. Remember: progress beats perfection, and small experiments often lead to big insights.

Let's begin with a quick check-in.

Transition into discussion

Thank you for sharing. As we discuss today's chapter, there are no right or wrong answers. The most valuable conversations often come from real-life experiences rather than perfectly understanding every concept.

Let's explore what stood out, what resonated, and what we might want to put into practice.

Transition into reflection

Before we continue, let's take a few quiet minutes to reflect individually (or as pairs). Some insights emerge through conversation. Others appear when we give ourselves a moment to think. Write down anything that stood out to you, any patterns you've noticed, or any ideas you'd like to experiment with before our next meeting.

Closing script

Thank you for your openness and willingness to share today.

Before we close, take a moment to think about one small action you'd like to experiment with over the next two weeks. Remember, the goal isn't to transform everything overnight. The goal is to learn through action. Small changes, repeated consistently, can have a surprisingly powerful impact on our energy and well-being.

Let's go around the group and share one commitment we'll take with us until our next meeting.

As we conclude this book club, take a moment to recognize how far you've come.

Over the past weeks, you've reflected on your energy, experimented with new habits, shared your experiences, and learned from one another.

The end of this book club is not the end of the journey. In many ways, it's the beginning.

The invitation now is simple: keep noticing, keep experimenting, and keep making choices that support the energy you want to bring to your work, your relationships, and your life.

Thank you for being part of this experience and for investing in what matters most.