

BOOST Book Club Guide

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

Part B: For book club participants

Welcome to the BOOST book club

Thank you for joining the BOOST book club.

This book club is designed to help you move beyond reading and into action. Over the coming weeks, you'll reflect on your current energy, explore new perspectives, learn from others, and experiment with practical strategies to build more energy for what matters most.

You do not need to apply every tip, strategy, or idea from the book. Instead, focus on discovering the few ideas that resonate most with you and experimenting with them in your daily life.

Small, consistent steps often create the biggest changes.

How to get most out of this experience

This book club is not about having the right answers. It is about being curious, learning from others, and discovering what works for you. As you participate, consider these simple principles:

Come with curiosity.

Stay open to new ideas and perspectives. Some of the most valuable insights may come from experiences that are different from your own.

Share honestly.

The richer the conversation, the more everyone benefits. Share successes, struggles, and lessons learned.

Experiment between sessions.

Real growth happens between meetings. Use the time between sessions to try small changes and observe what happens.

Progress over perfection.

You do not need to transform your life overnight. Focus on small improvements, tiny experiments, and steady progress.

The BOOST cycle

READ → REFLECT → DISCUSS → EXPERIMENT → GROW

Explore the concepts and ideas presented in the book. Consider how these ideas relate to your own experiences, habits, and energy patterns. Learn from the perspectives, challenges, and successes of others. Choose one small action to try before the next meeting. Use what you learn to build sustainable habits that support your energy and well-being.

The goal is not to complete the book. The goal is to build more energy for what matters most.

Throughout this workbook, you'll find opportunities to capture key insights, participate in meaningful discussions, design personal energy experiments, and commit to small actions between sessions.

For some exercises and practices, you may find additional downloadable resources, worksheets, and guided meditations on my website www.volkerhack.com to support your journey:

<https://www.volkerhack.com/downloads>

<https://www.volkerhack.com/meditations/guided-meditations>

The sessions

Before attending the first session read Chapter 1 and 2, complete the energy audit, note any insights, surprises, or questions. Come prepared to share one thing you learned about your current energy.

Session 1 – Awareness & Energy Audit (Chapter 1+2)

Before we can improve our energy, we need to understand it. In this session, you'll explore the four dimensions of energy, reflect on your current energy patterns, and take inventory of the activities, habits, and relationships that influence your energy every day. The goal is to develop awareness, as awareness is the first step toward change.

Check-In

Take a moment to reflect before the discussion begins: How would you describe your current energy level? Circle one number below:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

LOW ENERGY →

← HIGH ENERGY

Discussion

Use the following questions to guide the conversation:

Understanding your energy

1. What insights from Chapter 1 and 2 stood out to you most?
2. How has reading these chapters changed the way you think about energy?
3. Which of the four energy dimensions do you tend to pay attention to most?
Which dimension do you tend to neglect?
4. When during the day do you typically have most energy? When do you notice your energy dropping?
5. How have energy needs changed during different seasons of your life?
6. Looking back, can you identify a period in your life when energy was particularly high? What contributed to it?

Exploring your energy inventory

7. What surprised you most about your energy audit results?
8. What appears to be your biggest source of energy? What appears to be your biggest energy drain?
9. If you completed the *Wheel of Energy*: Which areas deserve more attention?

Moving toward action

10. If you could improve just one aspect of your energy over the next few weeks, which would have the greatest impact?
11. What might become possible if your energy level increased by just 10-20%?
12. What's one insight from today's discussion that you want to remember?

Personal Reflection

Take a few minutes to reflect and write.

My biggest insight – what realization had the greatest impact on me today?

My biggest energy booster – what consistently helps me feel energized?

My biggest energy drain – what currently consumes energy without giving much back?

My Energy Experiment

Between now and the next session, choose one small experiment. The goal is not to make a major life change. The goal is simply to learn.

Note down your experiment below, why you commit to this experiment, and what you hope to learn about yourself?

Before the next session

In our next session, we'll explore how to Awaken Your Energy by identifying practical ways to increase energy and become more intentional about how we show up each day. Read Chapter 3, complete your chosen energy experiment, and reflect on what you learned.

Until then, stay curious, observe your energy patterns, and pay attention to what gives you energy and what takes it away. Remember: You can't change what you don't notice. Awareness is where every energy journey begins.

Session #2 – Awaken Your Energy (Chapter 3)

Many of us spend our days reacting to demands, distractions, and obligations. This session is about becoming more intentional and discovering practical ways to awaken and cultivate energy in everyday life. The goal is not to do everything. The goal is to identify a few practices that have the greatest impact on you.

Check-in

Take a moment to reflect before the discussion begins: How would you describe your current energy level? Circle one number below:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

LOW ENERGY →

← HIGH ENERGY

Discussion

Looking back over the last two weeks

1. What small experiment did you try after session #1 and what did you learn?
2. Did anything surprising happen since our last session?

Exploring the chapter

3. What ideas from chapter 3 resonated most with you? Which suggestion felt easiest to implement?
4. What habits tend to set the tone for a good day?
5. If your North Star were guiding more of your daily decisions, what might you start, stop, or do differently?
6. In what situations do you feel most aligned with your values, and how does that affect your energy?

Moving toward action

7. If you could improve just one aspect of your energy over the next few weeks, which would have the greatest impact? What is getting in the way?
8. What might become possible if your energy level increased by just 10-20%?
9. What's one insight from today's discussion that you want to remember?

Personal Reflection

Take a few minutes to reflect and write.

My biggest insight – what realization had the greatest impact on me today?

My North Star – what matters most to me at this stage of life?

My values – Which value do I want to live more intentionally?

My Energy Experiment

Between now and the next session, choose one small experiment (e.g., a breathing practice, a morning routine, increased movement, better hydration, a daily intention, etc.). The goal is not to make a major life change. The goal is simply to learn.

Note down your experiment below, why you commit to this experiment, and what you hope to learn about yourself?

Before the next session

In our next session, we'll focus on *Protect Your Energy*. You'll explore how boundaries, choices, and daily habits can help prevent unnecessary energy loss and create more space for what matters most. Read Chapter 4, complete your chosen energy experiment (just one!), and reflect on what you learned.

Until then, stay curious, observe your energy patterns, and notice situations that either protected or drained your energy.

Session #3 – Protect Your Energy (Chapter #4)

Creating more energy is important. Protecting it is essential. Many of our biggest energy drains come not from major events, but from everyday habits, distractions, and thought patterns. In this session, you'll explore the five energy shields and identify practical ways to protect your energy, attention, and well-being. The goal is not to build walls. The goal is to create space for what matters most.

Check-in

Take a moment to reflect before the discussion begins: How would you describe your current energy level? Circle one number below:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

LOW ENERGY →

→ HIGH ENERGY

Discussion

Looking back over the last two weeks

1. What small experiment did you try after session #2 and what did you learn?
2. Did anything surprising happen since our last session?

Exploring the chapter

3. What ideas from chapter 4 resonated most with you? Which suggestion felt easiest to implement?
4. Which of the 5 shields resonated most with you?
5. Which shield feels strongest in your life today? Which shield would benefit from more attention?
6. Which relationships consistently energize you? Which relationships tend to leave you feeling depleted?
7. Where in your life do you feel that you are forcing things unnecessarily?
8. What is one commitment habit or activity you could reduce or eliminate?
9. Do you spend more energy dwelling on the past, worrying about the future, or fully engaging in the present?
10. What distracts you most during a typical day?
11. How might you make your energy experiments more enjoyable?

Moving toward action

12. If you could improve just one aspect of your energy over the next few weeks, which would have the greatest impact? What is getting in the way?

13. What might become possible if your energy level increased by just 10-20%?
14. What's one insight from today's discussion that you want to remember?

Personal Reflection

Take a few minutes to reflect and write.

My biggest insight – what realization had the greatest impact on me today?

My Strongest shield - Which shield am I already using effectively?

My biggest energy leak – What currently drains more energy than it deserves? And how can I protect my energy better?

My Energy Experiment

Between now and the next session, choose one small experiment (e.g. setting one clearer boundary, removing one distraction, scheduling focused work time, etc.). The goal is not to make a major life change. The goal is simply to learn.

Note down your experiment below, why you commit to this experiment, and what you hope to learn about yourself?

Before the next session

In our next session, we'll focus on *Renew Your Energy*. Renewing your energy helps you recover, recharge, and build the capacity needed to thrive over the long term. Read Chapter 5, complete your chosen energy experiment (just one!), and reflect on what you learned.

Until then, stay curious, observe your energy patterns, and notice situations that renew your energy.

Session #4 – Renew Your Energy (Chapter 5)

Just as athletes need recovery between training sessions, we need time to restore our energy. Renewal is not a reward for hard work; it is a requirement for sustainable performance and well-being. In this session, you'll explore practices that help you recharge physically, mentally, and emotionally, including quality breaks, mindfulness, breathwork, gratitude, and cultivating a more positive mindset. The goal is to discover simple practices that help you feel more present, resilient, and energized.

Check-in

Take a moment to reflect before the discussion begins: How would you describe your current energy level? Circle one number below:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

LOW ENERGY →

→ HIGH ENERGY

Discussion

Looking back over the last two weeks

1. What small experiment did you try after session #3 and what did you learn?
2. Did anything surprising happen since our last session?

Exploring the chapter

3. What ideas from chapter 5 resonated most with you? Which suggestion felt easiest to implement?
4. Which renewal practice are you most curious to try?
5. When was the last time you felt truly rested and recharged?
6. What does a quality break look like for you?
7. How do you usually recover after a demanding day or week? What tends to get in the way of recovering?
8. What helps you reconnect with your body when you're stressed or overwhelmed?
9. What has been your experience with mindfulness breathwork or meditation?
10. What benefits might come from creating more moments of stillness in your day?
11. What are three things you feel grateful for today?

Moving toward action

12. Which renewal practice could have the greatest positive impact on your energy?
What is getting in the way?

13. What might become possible if your energy level increased by just 10-20%?
14. What's one insight from today's discussion that you want to remember?

Personal Reflection

Take a few minutes to reflect and write.

My biggest insight – what realization had the greatest impact on me today?

My Renewal – how I renew my energy best?

Gratitude – today I am grateful for?

My Energy Experiment

Between now and the next session, choose one small experiment (e.g. a daily breathing practice, a mindfulness exercise, a short meditation, a gratitude journal, etc.). The goal is not to make a major life change. The goal is simply to learn.

Note down your experiment below, why you commit to this experiment, and what you hope to learn about yourself?

Visit my website www.volkerhack.com for guided meditations, breathwork practices, and additional resources designed to support your renewal journey.

Before the next session

In our final session, we'll explore how to turn insights and experiments into lasting change. We'll reflect on what we've learned throughout this journey and identify the habits, systems, and practices that can help us continue building energy long after the book club ends. Read Chapter 6 and 7, complete your chosen energy experiment (just one!), reflect on what you learned during this journey, and consider which practice you would like to continue beyond the book club.

Session #5 – From Experimentation to Long-lasting Change (Chapter 6+7)

Awareness is important. Action is powerful. Consistency is transformative.

Throughout this book club, you've explored new ideas, reflected on your energy, and experimented with different practices. The challenge now is not knowing what to do. The challenge is continuing to do it. In this session, you'll identify the habits, routines, support systems, and commitments that can help you create lasting positive change. The goal is not perfection. The goal is progress that continues long after the book club ends.

Check-in

Take a moment to reflect before the discussion begins: How would you describe your current energy level? Circle one number below:

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

LOW ENERGY →

← HIGH ENERGY

Discussion

Looking back on the past weeks

1. What small experiment had the greatest impact?
2. What change are you most proud of? What has been your biggest challenge?
3. What has been your biggest insight from the book?
4. What have you learned about your own energy?

Exploring the chapter

5. What ideas from chapter 6 and 7 resonated most with you?
6. What advice would you give someone who keeps postponing an important change?
7. How comfortable are you asking others for support?
8. Who could help keep you accountable for the changes you want to make?

Moving toward action

1. What habit would make the biggest difference if you practice it consistently?
How can you make that habit easier and more automatic?
2. What might become possible if your energy level increased by just 10-20%?
3. What's one insight from today's discussion that you want to remember?

Personal Reflection

Take a few minutes to reflect and write.

My biggest takeaway – What is the most important lesson I want to remember?

What has changed for me – What is different today compared to when I started?

Letter to your Future Self – Imagine yourself three months from today what do you hope to thank yourself for?

Continuing the journey

The end of this book club is not the end of your energy journey. Energy management is not a destination; it is an ongoing practice of awareness, experimentation, energy protection, renewal, and growth.

As you move forward keep observing your energy, keep running small experiments, keep learning what works for you, one small step at a time.

Remember, lasting change is rarely the result of one big decision; it is the result of many small decisions repeated consistently over time.

Before leaving today take a moment to acknowledge how far you have come, one insight you gained, and what habit you developed.

Thank you

Thank you for being part of the BOOST Book Club. I hope the reflections, conversations, and experiments from these sessions continue to support you long after the final session. For additional tools, worksheets, guided meditations, and resources, visit my website www.volkerhack.com.

Wishing you more energy for the people, priorities, and possibilities that matter most.

With appreciation

Volker Hack