

'Full of memorable wisdom'  
PAUL McGEE

CATHY  
MADAVAN

*Irrepressible*

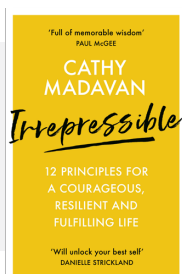
DISCUSSION  
QUESTIONS  
RESOURCE

'Will unlock your best self'  
DANIELLE STRICKLAND

## CHAPTER 1

### Know Your Irrepressible Purpose

1. What or who gets you out of bed in the morning? What motivates you, making you feel alive?
2. What cause or issue makes you think – somebody really should do something about that, and what is your response?
3. Where have you got stuck or become limited? Have you got blurry vision about what makes you feel fulfilled? Are your reasons to rise and to shine more compelling than your limiting beliefs?
4. If 'your mess is often your message', how have your own challenges shaped who you are and what you care about?
5. Write a sentence that begins 'My irrepressible purpose is to...' and complete it. What are you here to do in a way that only you can do it? Can you get advice, training or make a plan to take it forwards?
6. What if your background dreams, desires and passions could be brought into the foreground of your life? What would that mean for you?

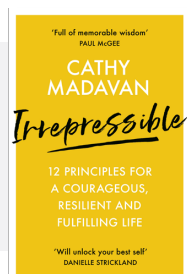


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## CHAPTER 2

### Define Your Distinctive Difference

1. Looking back, can you see threads of strengths, personality or skills that always emerge wherever you are? Write them down.
2. Do you ever struggle with comparing who you are with others or criticising them for being different? How could you celebrate each other's unique contribution?
3. What do you find easy that others don't seem to? Do you value that?
4. Do you ever confuse success with fulfilment or contentment? What legacy do you want to leave and what will you be remembered for?
5. If you could remove all of the obstacles and risks, how would you invest your life? What passions or projects would you pursue?
6. If you are the architect of your life, would you say your house is in order or do you need a bit of a makeover? A complete redesign even? What could you do?



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## CHAPTER 3

### Dig Deep Foundations

1. In his book 'Becoming a person of influence' John Maxwell asks questions to help us reflect on our integrity levels:

- 1: How well do I treat people from whom I can gain nothing?
- 2: Am I transparent with others?
- 3: Am I the same person when I'm in the spotlight as I am when I'm alone?
- 4: Do I quickly admit wrongdoing without being pressed to do so?
- 5: Do I put other people ahead of my personal agenda?
- 6: Do I have a standard for moral decisions, or do circumstances define my choices?
- 7: When I have to say something about people, do I talk to them or about them?
- 8: Am I accountable to at least one other person for what I think, say and do? 1

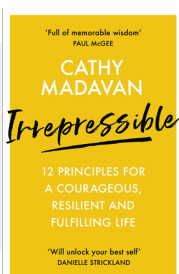
2. Who has modelled integrity or good character to you? (It could be a teacher, a parent, a boss, a colleague, a friend etc.) What could you replicate or learn from?

3. Can you think of a time when you had an X-Ray moment about others or yourself? What did you discover and learn?

4. If you are CEO of your life, and head of your own culture committee, what would you say are set-in-stone foundational values about how you do things?

5. How do your values keep you secure when the winds of challenge, temptation, tiredness or pressure are strong?

6. Are you aware of your own shadow side? How do you develop self-awareness and invest more in the foundations people don't see?

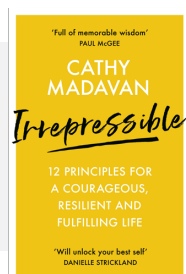


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## CHAPTER 4

### Navigate Waypoint Moments

1. What have been significant positive waypoints for you along your journey? How did they bring clarity, direction change, new possibilities or a fresh season into your life?
2. What about your more challenging waypoint moments? What about that unexpected junction was so difficult? With the benefit of hindsight, were there any positive outcomes as well as negative? (It's okay if that's a no.)
3. Are you at a waypoint in any area of your life currently? A shift in gear, an unexpected change, a moment of decision? What faith, values, people or practises anchor you when you are facing these situations?
4. Looking at the WAYPOINT acronym, which parts do you struggle with and which do you engage easily with? How could this help you or others you know facing their own waypoint moments?
5. Do you ever wrestle with the fairy-tale syndrome, wondering why bad things happen when you were expecting happy endings? Do you wrestle with other unhelpful mindsets or responses like feeling a failure or wallowing? Be honest!
6. Who has modelled emotional resilience to you? Did they do a good job? Who can you be honest and vulnerable with as you show your workings and move forwards?



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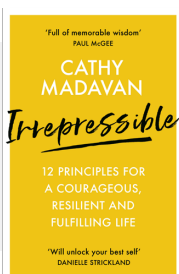
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### Do the Next Right Thing

1. Are you facing (or have you faced) a situation where you'd love to go over it or under it, but you have to go through it? What are/were your fears and challenges there?
2. What are the code green, orange and red areas in your life right now? What needs to be appreciated, sustained or improved? Are there fears, doubts or second guessing that keep you stuck?
3. Think about Alice. Do you know where you are going (any goals, plans, changes of direction)? Do you have a destination in mind for different aspects of life?
4. What one bite-size thing can you do to make progress? Give yourself permission to create a low-cost trial – give that new avenue a shot without sharing everything, spending everything or jacking in your entire life!
5. What advice you would give if you were speaking to a friend in your exact situation? (There is rarely a perfect scenario, and sometimes different options have equal merits.) But what seems right, all things considered?
6. What's the worst that could happen? What's the best that could happen? Work back from those. Who could you talk to as you process your thoughts?

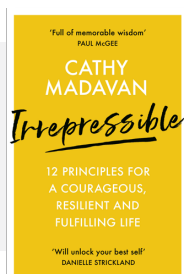


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### Commit to Resilience Training

1. Where have you had to develop resilience (strength, adaptability, capacity, inner resources)? What have you learned through this?
2. Thinking about the comfort zone, the stretch zone and the snap zone, where are you in different areas of your life today?
3. How flexible are you with regards to change? Would you say you are resistant? If so, why?
4. What healthy habits would increase your wellbeing and your capacity to remain resilient? How are your rhythms and sabbath resting routines?
5. Are there external supports that would enable you to grow? What do you need to deal with the challenges you face? Where could you start?
6. How are others around you coping with life? Who is dealing with a challenge you understand or could help with? Can you share some of their weight in a practical way?



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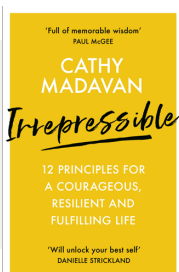
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### When the Horse is Dead, Dismount

1. There is a season for everything... What areas of your life are flourishing? What areas need pruning and fertilising to stay healthy? What might need removing if it has died?
2. What stops you dismounting when you know something has passed its best?
3. How good are you at persevering when the going gets tough? Do you tend to dismount too easily? Where do you need to push through?
4. Where did you learn how to keep going or how to let go? Was this modelled to you well or badly?
5. What areas of your life are in transition right now? Do you need to let go of something in order to take hold of something else?
6. Who can give you wisdom, skill and support as you discern where to nourish or leave behind different areas of life?



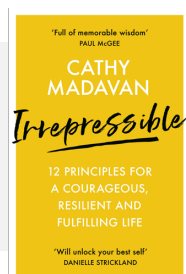
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## CHAPTER 8

### Fill Up Your Tank

1. Looking at these areas, how full you would say your tank is right now?
  - Significant relationships
  - Roles and responsibilities
  - Health and fitness
  - Personal development
  - Rest and recreation
  - Any others?
2. What is causing the biggest drain for you at the moment? How can you stem the flow and make a positive change? (How might HALT-ing help here?)
3. What fills your tank and brings you joy? (Music, mindfulness, a chat to a friend, enjoying nature, reading – what is it for you?) How can this become a regular habit and not emergency treatment?
4. You are responsible for your tank – how well do you prioritise your wellbeing and not just your productivity?
5. If you are an accumulation of your habits, what things do you do each day/week that determine how you live? Do they lead to excellence and fullness or emptiness?
6. What fills (and depletes) the tank of the people closest to you? Can you be a tank filler of others as well as yourself?



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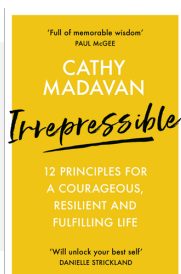
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### Learn to Play Jazz

1. On a scale of 1-10 how perfectionist would you say you are? Are there areas where you strive to get everything just right?
2. Where does pressure to perform come from in you? Who are you still trying to impress or to get approval from?
3. Where do you feel safe to risk and improvise? Do you have permission to try but also to fail?
4. Have you messed up but learned something from it in the past? Has an unexpected moment taken you to new places?
5. Instead of focusing on what you have not achieved, can you list and be thankful for what you have accomplished today/this week/this year? Be grateful for how good enough really has been good enough.
6. What would developing a jazz mindset mean for you? How might it add to your innovation, authenticity and contentment levels?

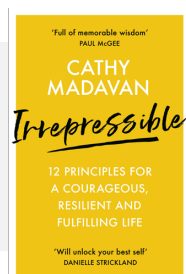


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### Run Your Own Circus

1. Do you tend to try and run other people's circuses for them? Are you prone to rescuing or getting over-invested?
2. How confident are you about running your own circus? Are you able to ask for help without abdicating responsibility?
3. Does guilt or the 'ought to' syndrome motivate you unnecessarily?
4. How able are you to say no in your relationships? Are you saying yes to people or projects because you have to or because you want to?
5. Do you tend to Accommodate, Avoid, Attach or Assert? Can you practise a yes-no-yes for a particular boundary issue?
6. What is your response to 'people will often treat you as you allow or expect them to treat you'? Do you have a default mindset in your relationships?



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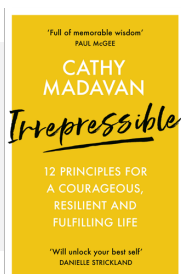
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## CHAPTER 11

### Build Your Tribe

1. Would you say you have a deficit or a surplus of relationships in your life? What about the question of quantity or quality? Are you happy with the ratio?
2. Who are your tribe right now? Make your list. How do you keep building those relationships?
3. What do you most value in others and what do they value in you?
4. How do you deal with conflict or criticism? Are you a rhino, hedgehog, ostrich or chameleon? Do you need help with any areas of unresolved conflict?
5. What 'Love languages' do those closest to you speak? (Research online if it helps). How can you learn to speak their language to build them up?
6. If a fulfilling life is about people, how can you prioritise your relationships? What adjustments need to be made?



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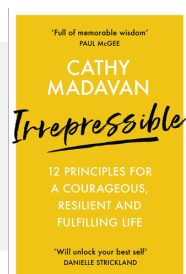
## CHAPTER 12

### Be a Thermostat

1. Who sets the temperature where you find yourself? What is that temperature like and how does it feel?
2. List the places where you are regularly invested (home, work, community etc) or the causes that motivate you – How could you tweak the temperature and make a difference?
3. Think about what you cultivate, tolerate and celebrate. Are there some things you have tolerated where you need to take a stand? Are there some things that need cultivating further? Who and what should be celebrated? How will you do that?
4. In your home/relationships, how intentional are you about the culture you create? Does encouragement flourish more than criticism? How can you make sure that the good stuff grows?
5. Do you tend to be a humming bird or a vulture? How can you reset your thermostat to the values and purposes that mean something to you?
6. How could you set your thermostat to love? What does being a cheerleader and a champion of others look like for you?

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<sup>1</sup> Page 24, *Becoming a Person of Influence*, John C. Maxwell, Thomas Nelson Publishing, 2012



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