

E007 Trust the Process — Discussion Questions

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Episode: Trust the Process

For: Tea Sippers community, book clubs, group listening sessions

Questions

1. What are you building right now that sometimes makes you ask "Is this worth it?" What would you lose if you stopped?
2. Karen says doubt shows up when we're building something that matters. Does that reframe change how you feel about your own doubt?
3. If your measure of success was "one person helped," would your work already be successful? Who might that one person be?
4. The farmer plants seeds on Monday and digs them up Friday. Where in your life are you digging up seeds too early?
5. Karen admits sometimes she works to avoid feeling. Are you using work to participate in life, or to hide from it? How do you tell the difference?
6. "The world has always been changed by ordinary people who kept showing up." Does that feel encouraging or overwhelming? Why?
7. What invisible work are you doing right now that you need to trust is forming roots, even if you can't see them yet?

Airtable Table: Assets

Asset Type: Discussion Questions

Linked Episode: E007

Status: Complete