

THE SETBACK CYCLE

by Amy Shoenthal

BOOK CLUB DISCUSSION GUIDE

GENERAL DISCUSSION



What was the biggest lesson you learned after reading *The Setback Cycle*?

Did the book change your perspective on how you view setbacks in your own life? How so?

What was your favorite story from the leaders profiled? What did you like or not like about them? Was there anything you disagreed with?

THE SETBACK CYCLE FRAMEWORK



The author outlines a four-step framework: Establish, Embrace, Explore, and Emerge. Did this framework resonate with you? Why or why not?

Can you think of a recent setback in your own life and apply the stages of *The Setback Cycle* to it? What did you learn from the experience?

Did you find any of the stages of the cycle more challenging than others? Why?

How can *The Setback Cycle* be applied to both personal and professional setbacks?

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ACTIONABLE STRATEGIES



The book offers practical exercises and tools. Did you find any of them particularly helpful? Why or why not?

Many of the strategies involve reflection and journaling. Do you journal and do you think you'll be adjusting your journaling practice now? Or starting a new practice using *The Setback Cycle* prompts?

The book emphasizes the importance of building a support network. How can you strengthen your own support network to help you work through future challenges?

FURTHER EXPLORATION



The book references research on resilience and growth mindset. Are there any books or resources you'd recommend for further exploration of these topics?

How can we better support individuals and communities facing setbacks?

The book focuses on individual setbacks. Can *The Setback Cycle* be applied to larger societal challenges?

BONUS DISCUSSION



Choose a quote from the book that resonated with you and discuss its significance.

If you could create your own chapter in *The Setback Cycle*, what would it be about?