



Welcome to Week 8

NINE LIES in NINE WEEKS
Learning Series + Book Club

LIE 8: WORK/LIFE BALANCE MATTERS MOST

Discussion Questions

- 1. Do you aspire to balance in your own life? Why do you think 'balance' holds such appeal for us?**
- 2. Why is it so difficult to find work/life balance? How do you think our current working lives make balance harder to find?**
- 3. Even if you were to find balance, what problems would this lead to for you?**
- 4. What is the difference between 'boundaries' and 'balance'?**



TRUTH 8: LOVE-IN-WORK MATTERS MOST

Discussion Questions

- 1. Have you ever spent a week in love with your work? Which activities, situations, and people did you find yourself leaning into?**
- 2. Have you ever spent a week in love with your home life? Which activities at home did you find yourself leaning into, losing yourself in?**
- 3. Can you describe at least three 'red threads' in your work life, and three in your home life?**
- 4. On our team, how can we know more clearly what each of our 'red threads' are?**

TRUTH 8: Connect + Commit

What's your biggest breakthrough from this chapter?

What will you do differently on Monday?

- As a team member?
- As a leader?
- As a parent, partner, friend?

On Monday, I will **stop** _____

On Monday, I will **start** _____

Any questions we still have as a team?