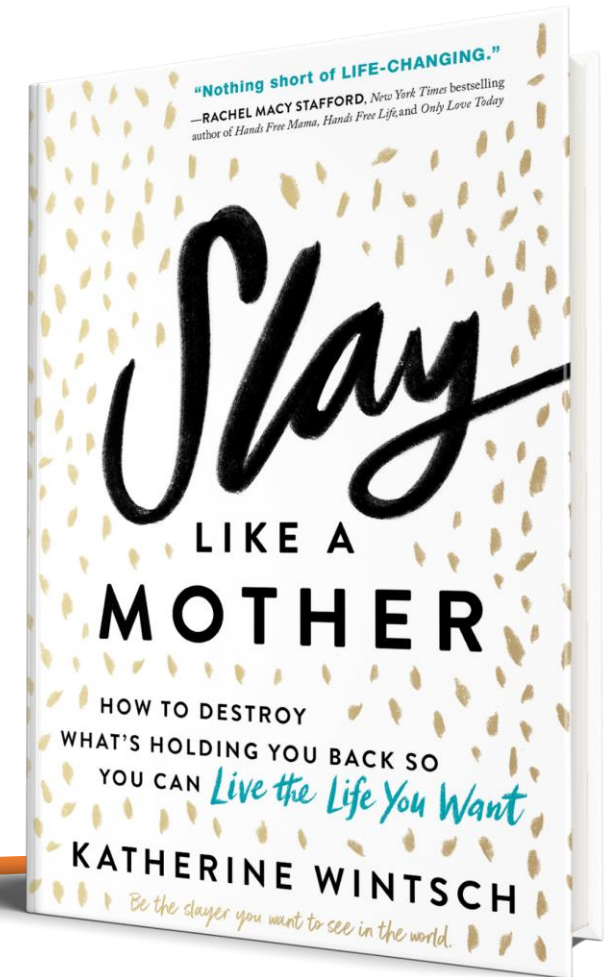




SLAM Book Exercises and Discussion Guide

For Mentors

2021-2022 Women's Mentorship Program



Part 1, Let's Slay Together

- **Chapter 1:** Fighting and Winning My Own Battle; *Katherine provides background on how she came to identify her own dragon.*
- **Chapter 2:** Meet your Dragon
 - Question: *What could have knowingly or unknowingly stripped you of your self-confidence and/or self-esteem? Page 33*
 - EXERCISE: Complete the How to Spot a Dragon Checklist on page 35. Question: *How many indicators did you select and which ones cause the most suffering in your life? See workbook.*
 - Question: *If you're living with a dragon of self-doubt, are you able to identify when and how it was initially born? If so, how old were you?*

Part 1, Let's Slay Together cont.

- **Chapter 3:** The Fine Line between Struggling and Suffering
 - Question: *What is the difference between struggling and suffering? Do these two forces currently show up in your life and if so, how?*
 - Question: *What can you do to stop struggling from turning to suffering? Pages 51-52*
 - EXERCISE: Look at factors that are hard in your life and identify how you might be making them harder than they have to be (crossing the line from struggling to suffering). Pages 55-57
 - Step 1: What's hard in your life right now?
 - Step 2: How are you making those challenges harder than they have to be?
 - Step 3: How can you make these situations easier?
 - The answers to these questions should contain clues...The theme behind my suffering is _____

Part 2, Seven Ways You're Feeding your Dragon and How to Stop

- **Chapter 4:** You Set Superhero Expectations in a Mortal's World
 - EXERCISE: What are your expectations for yourself? Are they realistic? Page 75, see workbook.
 - Question: What challenges/obstacles are you experiencing right now in your life – home, work, marriage, friends, kids, passions? Page 77, see workbook.
 - EXERCISE: What are realistic expectations for yourself? How can you change unrealistic to those that will provide relief instead of suffering? Page 80-81, see workbook.
- **Chapter 5:** You Quietly Yell at Yourself – All Day, Every Day
 - EXERCISE: How do you talk to yourself? Complete exercises 1 and 2 on pages 96 – 98, see workbook.

Part 2, Seven Ways You're Feeding Your Dragon and How to Stop cont.

- **Chapter 6:** You Posture Like a Pro, Then Wonder Why Nobody Sees Your Pain
 - EXERCISE: Answer the questions regarding how your mask shows up in your life and when and why are you wearing it. Page 115. *See workbook.*
 - Question: *On pages 124 and 125, there are a few suggestions to help remove your mask and show more of your true self. Did you find any of these particularly helpful?*

Part 2, Seven Ways You're Feeding Your Dragon and How to Stop cont.

- **Chapter 7:** You Compare the Way You Feel to the Way Others Look
 - Question: *Why do you compare yourself to others?* Page 136
 - EXERCISE: When you make assumptions, you set yourself up to suffer. List out assumptions you've made about others that are not true and assumptions others made about you that are not true. Page 141. *See workbook.*
 - Question: *Have you been able to break the habit of comparing yourself to others by paying attention to when you may be doing it? What has been effective in helping you do this?* Page 144

Part 2, Seven Ways You're Feeding Your Dragon and How to Stop cont.


- **Chapter 8:** You.Just.Can't.Say.No
 - EXERCISE: How to learn to say no by setting priorities. Practice by separating things into major or minor items to draw boundaries and get some of your life back. Page 159. *See workbook.*
 - Question: *Can you provide a recent example of when you have said no and set boundaries in advance?* Page 160. *What about saving yes to something because it is what you wanted to do?* Page 164.
 - EXERCISE: Saying Yes to Yourself...complete the chart by listing the top activities that bring you joy and fulfillment; complete the top activities or factors in your life that drain and exhaust you. Pick two activities from the left column and put them on your calendar as a recurring meeting starting five weeks from now. Page 167. *See workbook.*

Part 2, Seven Ways You're Feeding Your Dragon and How to Stop cont.

- **Chapter 9:** You Forecast the Worst for the Future
 - EXERCISE: Undue anxiety and worry can be caused by focusing too much on the future. Identify three problems that you have right now...Living in the Present. Page 175. *See workbook.*
 - EXERCISE: While worrying may feel comforting, does it really work? Write down three examples of times you were convinced things would turn out terribly and they turned out just fine. Fearing the Future. Page 185. *See workbook.*
 - Question: *Have you been able to get more comfortable living in the present moment? What has been working for you to do so?* Page 186

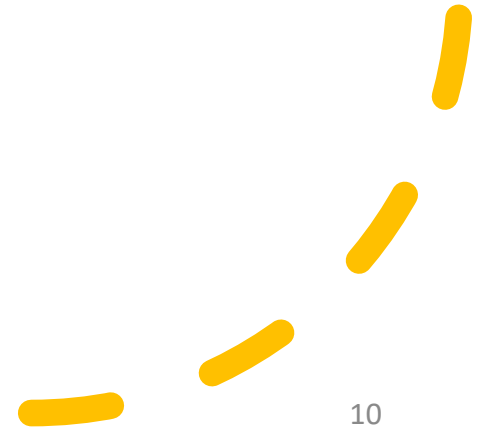
*Part 2, Seven
Ways You're
Feeding Your
Dragon and
How to Stop
cont.*

- **Chapter 10:** Looking for Love in All the Wrong Places
 - Question: *Why is it so important to love yourself and be proud of your accomplishments?* Page 196
 - EXERCISE: What's keeping you from embracing your greatness? List a few ways in which you're cutting yourself off from self-love (negative actions and lack of positive ones). Cutting Yourself Off. Page 202. *See workbook.*
 - Question: *Katherine encourages practicing unconditional love to yourself and has outlined several exercises to help with this goal. Have you tried them out?* Page 210

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Part 2, Seven Ways You're Feeding Your Dragon and How to Stop cont.

In Part 2 of the book (chapters 4 – 10), Katherine reveals the seven ways you're feeding your dragon and how to stop. Which behaviors in this section do you find yourself exhibiting the most frequently and why?



Part 3, Getting Rid of Your Dragon For Good; Part 4, It's Bigger than You

- **Suggested Questions**

- *Katherine references three positive and proactive measures to instill a deep sense of inner peace and contentment: Gratitude, self-compassion and honesty. Does this resonate with you and how will you start practicing thinking more positively about yourself?*
- *What do you look forward to the most regarding living a life free from a dragon of self-doubt? How different do you think your life will look?*
- *What changes in culture would help us move through the world with more confidence and self-compassion?*
- *What can you do to help another woman slay her dragon of self-doubt?*
- *What can start doing today to teach your children to be dragon slayers?*

*Part 3,
Getting Rid
of Your
Dragon For
Good; Part 4,
It's Bigger
than You*

- **Suggested Exercises – See workbook**

- Dear Dragon: *Write a message of gratitude to your dragon.* Page 226.
- Your Intuition: *Do you know the difference between the voice of your intuition and your dragon's echo? Complete the exercise to help you see the difference.* Page 241.
- Defining Success: *Now that you're no longer under your dragon's influence, how will you define success for yourself?* Page 271.