



## BOOK DISCUSSION GUIDE

Discussion Guide and Reflection Questions for  
*The Alone Advantage: 10 Behind-the-Scenes Habits That Drive Crazy Success*

[TheAloneAdvantage.com](http://TheAloneAdvantage.com)

## *Introduction*

1. The author used to think of solitude as boring at best, a punishment at worst. What comes to your mind when you think of spending time alone?
2. Do you believe that what happens behind closed doors is what leads to success in front of a crowd? Why or why not?
3. As you consider the author's words at the end of the introduction, how would you describe yourself right now: In a rut? Always busy? Confused about what God wants you to do with your life? Afraid of going after your dreams? Discouraged or excited about the future?
4. When have you discovered something in solitude that you would not have discovered if you'd been with people?

## *Chapter 1: Hear the Music*

1. What do you use your phone for most often: texts, calls, emails, social media, news? When are you most likely to check your phone?
2. On an average day, when do you choose to be around noise and people and when do you have to be around noise and people?
3. What is your biggest hurdle to spending time by yourself?
4. How would you describe your prayer life lately?
5. Do you believe God wants to give you healing and direction? Why or why not? Why would God want you to get quiet in order to hear His voice?

## *Chapter 2: 5 Things Successful People Write in Their Journals*

1. What has been your experience with journaling? Does the idea of journaling regularly feel like an opportunity or a burden? Why?
2. When was the last time you sat quietly to think about your vision, dreams, and purpose?
3. How do you feel about God speaking to you? Have you ever experienced hearing His voice, either audibly or in another way?
4. The Bible says that sheep follow their shepherd because they know his voice (John 10:4). In what ways does journaling help us recognize God's voice?

## *Chapter 3: Get Serious Behind Closed Doors*

1. What would it look like for you to commit twenty minutes to solitude and quiet every day? Get specific about time, place, and what timer and journal you will use.
  
2. The author writes about creating a space that causes God to feel welcome. How does the act of creating a physical space for your alone time mirror the act of creating space for the Holy Spirit in your life? What could you include (or not include) in your place of solitude in order to welcome God's presence?
  
3. What do you need to declutter in your heart right now? What do you need to ask God to forgive? What do you need to let go?
  
4. Why does decluttering our heart prepare us to hear God's voice?
  
5. The author encourages us to memorize this phrase: "The secret of your future is hidden in your daily routine." Do you believe this? Why or why not?

## *Chapter 4: Your Laundry Isn't Finished*

1. Luke 16:10 tells us, “If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won’t be honest with greater responsibilities” (nlt). When have you found this to be true in your life?

2. Why do you think the habits we learn in private show up in our public lives?

3. What physical space in your life (car, kitchen, work area?) is most likely to be a mess?

4. Does the idea of “cleaning up” your personal space seem exciting or intimidating—or both?

## *Chapter 5: 10 Reasons Successful People Are Organized*

1. Do you consider yourself an organized person? Why or why not?
2. What is the biggest hurdle you have to staying organized?
3. What is one small thing you could organize today to help prepare you for the future God has for you?

## *Chapter 6: Get Your 20-Minute Timer*

1. How does the cleanliness of your home or car affect your mood?
2. Do you believe clutter blocks success? Why or why not?
3. Following the plan on pages 43-44, walk through your home and write a vision for each room.
4. What room do you spend the most time in? Following the plan on pages 44-47, make a list of everything that need to be done in that space.
5. Will you clean and organize that room in small chunks of time or all at once? When will you begin? What positive input will you listen to as you work?



## *Chapter 7: You Can Conquer the Covers*

1. What does your current daily routine suggest about what you value?
2. What needs to change in your routine to set you up for success?
3. How does having a clear vision of God's purpose shape your everyday behaviors?

## *Chapter 8: 5 Things Successful People Do Before Breakfast*

1. What is one habit you would like to break? What steps do you need to take to break that habit?
2. What is one habit you would like to develop? What steps do you need to take to develop that habit?
3. The author writes that she used to hate reading and considered exercise drudgery, but with practice she came to love both of those habits. As you consider the five habits in this chapter, which one is most appealing to you? Which one is most daunting?
4. Give yourself one command for each habit in this chapter (see pages 67 and 68). What five small things are you going to start doing to make these habits part of your routine?

## *Chapter 9: Get Your Day Planned Before Bedtime*

1. In what ways are you proactive in your life? In what ways are you reactive?
2. Why would writing a to-do list before bed lead to more peaceful sleep? Have you found this to be true in your life?
3. Do you tend to overestimate or underestimate how much time a task will take?
4. What are your most common interruptions during your day? Consider things like notification alerts on your phone, your kids needing help, your employees messaging you, and emails arriving in your inbox. What could you do to stop those interruptions for one hour at a time?

## *Chapter 10: You Can't Have the Marshmallow*

1. When have you most enjoyed learning in your life? Why do you think that was? What does that tell you about how and why you learn best?
2. What is one thing you could do to grow mentally this month?
3. Are you willing to get up earlier every day? Why or why not? How could you train yourself to make early rising a habit?

## *Chapter 11: What Successful People Do in Traffic*

1. Would you say most of the audio input you receive—such as on the radio or through music apps—is positive or negative?
2. What type of audio input do you find to be most motivating and uplifting for your mind and spirit?
3. During what times of your day could you listen to positive input, such as audio books and podcasts? Consider drive time, waiting for your kids in car line, cooking dinner, stocking shelves at work.... What specific resources could you listen to during that “downtime”?
4. The author used a hot pink Post-It Note with the words push Play on it to remind her to listen to positive input while she was getting ready in the morning and at other times during the day. What would you write on a Post-It to help you remember to keep learning in your life?

## *Chapter 12: Get Your Library Started*

1. If a stranger looked at your checking account, what would they know about your priorities?
2. If a stranger looked at the reading material in your house, what would they know about your priorities?
3. What could you start doing intentionally to be certain your life is different ninety days from now? What might you need to stop doing to make room for that change?
4. How do you feel about the idea of investing in yourself? In what ways does investing in yourself ultimately help others?

## *Chapter 13: Can You Imagine?*

1. What does your ideal life look like five years from now? Be specific—and write it down!
2. What is your biggest dream for your life beyond five years?
3. Why does having a vision for the future help you become who you want to be?
4. How does your vision for your future glorify God?

## *Chapter 14: 7 Indicators Successful People Use to Validate Their Dreams*

1. From an earthly perspective, does your dream seem impossible? Why or why not?
2. What setbacks have you experienced on the way to fulfilling your dream?
3. Why would God want you to develop perseverance?



## *Chapter 15: Get Your Vision Board in the Right Spot*

1. What could you do to keep your vision in front of your eyes every day?
2. Why is it so important to write down your dream and keep an image of it in front of you?
3. What truth about God would you like to remember when you are tempted to give up on your dream?

## *Chapter 16: What Are You Doing New Year's Eve?*

1. What is your financial situation like right now? Do you have any debt to pay off or money you need to save in order to start dreaming—or in order to figure out your dreams?
2. What is the next step in getting your finances under control?
3. What does “a successful year” look like to you?
4. What bullseye do you need to hit in the next twelve months in order to feel it's been a successful year?

## *Chapter 17: 7 Tips Successful People Use to Set Goals*

1. Write down seven to ten specific goals, with deadlines, that will serve as stepping stones on the way to your bigger dreams.
2. Which of the goals that you wrote down gets you out of your comfort zone?
3. Following the guidelines on pages 134-135, set three milestones for each goal.
4. Take the Thirty-Day Challenge that the author describes on page 136. How many goals did you remember over the course of a month?

## *Chapter 18: Get Comfortable Saying No*

1. Do you tend to say yes to requests for your time and then regret it? Why do you think that is?
2. How do you usually feel when you say no to something?
3. When have you been so overwhelmed with goals, opportunities, and obligations that you felt paralyzed?
4. Make a to-don't list that identifies things in your life you can start saying no to.

## *Chapter 19: Be Your Own Cheerleader*

1. Are you more likely to speak negative or positive words over yourself about your life, your finances, your relationships, your health, your career?
2. How does your view of yourself affect how you act?
3. Do you believe that speaking positively rather than negatively about yourself could make a difference in reaching your goals? Why or why not?

## *Chapter 20: The 5 Ps Successful People Declare*

1. How does knowing God is with you help you move toward your goals?
2. Keeping the five Ps in mind, make a list of positive declarations to speak over yourself. Find a private space where you can speak these words out loud—and get ready to see what God will do!

## *Chapter 21: Get Your Megaphone Ready*

1. When have you seen a change of words change the way you think about a situation or a person?
2. Which of the declarations on page 162 most resonates with you? Why?
3. Which of the Scriptures on page 163-164 speaks to your soul the most right now? Write it out and put it where you can see it every day, such as on your bathroom mirror. What does that verse tell you about God?

## *Chapter 22: You Have Something to Be Grateful For*

1. “The only thing complaining does is convince other people that you are not in control” (page 169). Do you agree or disagree with this? Why?
2. Does gratitude come easily to you? Why or why not?
3. What circumstance in your life are you most likely to complain about? How might speaking words of thankfulness instead of complaint help change the situation?



## *Chapter 23: 5 Reasons Successful People Keep a Gratitude Journal*

1. How do you respond to someone who complains frequently? How do you respond to someone who has a grateful attitude toward life?

2. Commit to spending twenty-four hours without complaining. Write down what you noticed about your stress level, anxiety, sleep, and overall perspective on life during that time.

## *Chapter 24: Get God's Attention*

1. How can you best determine what God wants to do in your life?
2. How do you feel about declaring something to be true before it has happened? In what ways does this practice strengthen or challenge your faith?
3. What breakthrough in your life could you thank God for today, even though it hasn't happened yet?

## *Chapter 25: Give God What You've Got*

1. When have you seen God do something great with someone's small offering?
2. What is something small (time, energy, resources) you could offer to God today in order to see what great thing He will do with it?
3. What old patterns do you need to abandon in order to seize the dreams God has for you? In what ways are these habits holding you back?

## *Chapter 26: 5 Things Successful People Quit*

1. When have you tried to “help” God in fulfilling your dream? What is the difference between interfering with God’s plan and being proactive in taking steps forward?
2. What excuses are you most likely to make about why you don’t succeed at something?
3. What could you do to “program your mind for greatness” (page 200) rather than expect the worst?

## *Chapter 27: Get Ready!*

1. What has caused you to put off fulfilling your dream so far? Which of those things are a result of outer circumstances and which are a result of inner barriers?
2. What specific things can you do this week to get ready for your dream to be fulfilled?

## *Chapter 28: Have You Had Enough?*

1. What have you had enough of in your life? What are you going to do about it?
2. Why would God call you to something that seems impossible?

## *Chapter 29: 3 Decisions Successful People Make*

1. Who in your life speaks positive, encouraging words to you? How do those words affect you?
2. Who in your life is likely to say that you can't do something? How do those words affect you? In what ways do negative voices from your past affect you today?
3. What part of pursuing your dream makes you most uncomfortable?
4. In light of the ideas on page 222, what do you need to pick up and do?

## *Chapter 30: Get Your Obituary Ready!*

1. What do you want people to say about you after you die? How does that desire change how you act now?
2. How do the dreams you've identified through reading this book contribute to the legacy you want to leave? How does that affect your desire to fulfill those dreams?
3. What are you going to change in your life as a result of reading this book?