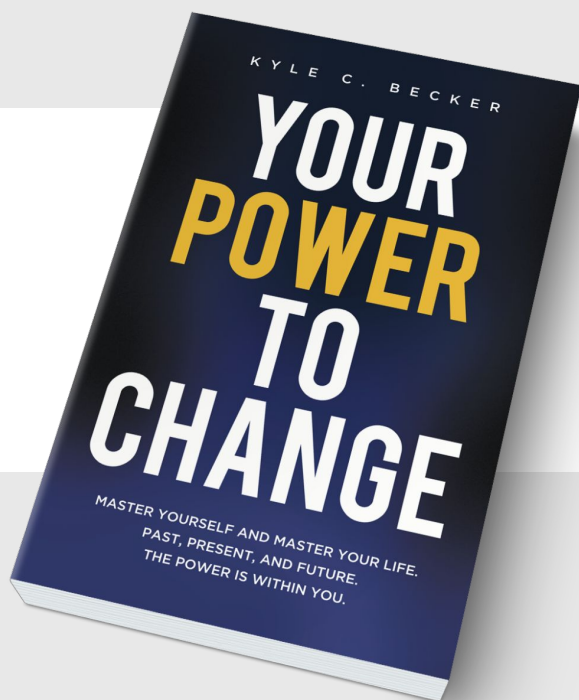


YOUR POWER TO CHANGE

MASTER YOURSELF
AND MASTER YOUR LIFE.
PAST, PRESENT, AND FUTURE.
THE POWER IS WITHIN YOU.



Welcome to all of you who have embarked on the journey of reading my book, *Your Power to Change*. It's a pleasure to have you here, and I'm grateful that you've chosen to explore the transformative insights within these pages.

In *Your Power to Change*, you are invited into my personal odyssey, my battle with alcoholism, and how I emerged as a certified life coach. My story is a testament to the enduring human spirit and the power of personal transformation.

As you come together with your circle of book enthusiasts and friends, I've compiled a list of thought-provoking questions to guide your discussion. These questions are intended to spark engaging conversations, providing a platform to reflect on the book's impact and share your insights.

Enjoy your book club discussion, and may the questions lead you to a deeper understanding of the transformative potential that lies within *Your Power to Change*.

All good wishes -
Kyle

KyleCBecker.com

KCB
KYLE C. BECKER
AUTHOR . SPEAKER . LIFE COACH

DISCUSSION QUESTIONS:

1. **Author's Journey:** Kyle C. Becker's personal journey from battling alcoholism to becoming a certified life coach is a significant part of his story. How did his past experiences inform the content and approach of his book, "Your Power to Change"?
2. **Surrender and Transformation:** In the book, Kyle emphasizes the importance of reaching a point of surrender as a catalyst for change. Have you ever experienced a similar turning point in your life? How did it impact your decisions and actions?
3. **Fear and Self-Mastery:** The book discusses gaining control over fears and beliefs. Can you share a fear or belief in your life that you've worked to overcome, and how did it affect your personal growth or transformation?
4. **Structural Division:** "Your Power to Change" is divided into two parts: "Master Yourself" and "Master Your Life." How did this division enhance or structure your understanding of the book's content? Did you find one part more compelling or relatable than the other?
5. **Visualization and NLP:** Kyle incorporates techniques like Neuro-Linguistic Programming (NLP) and visualization exercises in his book. Have you ever used similar techniques for self-improvement or personal growth? How did they work for you?
6. **The Power of Journaling:** The book suggests starting a Power to Change journal. Have you ever used journaling as a tool for self-reflection or transformation? How did it enhance your journey of self-discovery?
7. **Repetition and Practice:** The author highlights the importance of repetition and practice in mastering skills and techniques. Can you share an example of a skill or habit you've developed through repetition and how it impacted your life?
8. **The Role of Intent and Purpose:** Kyle talks about living life with intention and creating plans to realize ideals. Have you ever set specific intentions for your life or created a detailed plan to achieve a goal? How did that process impact your outcomes?
9. **Personal Beliefs and Self-Image:** The book discusses uncovering and changing personal beliefs that govern our lives. Have you ever had a belief about yourself or your abilities that you've successfully changed? How did this affect your life?
10. **Evolution and Self-Discovery:** In the last chapter, the author invites readers to push the limits of what they believe they're capable of. Have you ever experienced a moment of self-discovery or transformation that pushed your own limits? What was the outcome?

We welcome and encourage you to use the hashtag #YourPowerToChange or tag @kylecbecker on social media to share pictures of you, your group, or your favorite reading spot. To help other readers find the book, your honest book review on your retailer of preference is also appreciated.

