



Colorado Book Club Resource

DISCUSSION QUESTIONS FOR WHEREVER YOU GO, THERE YOU ARE : MINDFULNESS MEDITATION IN EVERYDAY LIFE BY JON KABAT-ZINN

1. The Bloom of the Present Moment What do you think of when you hear the term “mindfulness?” What are some ways that being mindful of yourself and your surroundings might be valuable for a fire leader?
2. Have you ever tried the breathing techniques described in the books (box breathing, for example)? Did you find that it helps with focus and awareness? What about stress?
3. Do you have any “effortless activities” in your life, things where you are present in the moment while doing?
4. Do you think it’s useful to be aware of your own thoughts and biases as leaders? As followers? As individuals? Why or why not?
5. What do you think about “voluntary simplicity” as described in the book? Are there things you do to weed out the distractions? How can mindfully “saying no” help you as a person or as a leader? What does mindfully “saying no” mean to you?
6. What are your thoughts on posture and mindfulness? Have you ever thought about how you stand, sit, and move can affect your state of mind, or how others perceive you?
7. There are many ways to practice mindfulness meditation. What practices have you tried? Has it benefited you? Why or why not? After reading this section, what are some things you could do to be more mindful in your day-to-day life? Is there anything you’re doing already, maybe without realizing it is “mindfulness meditation?”
8. Have you ever tried the “body scan” technique? What was your impression? Can you, or have you, worked something like this into your daily routine? Could you find ways to incorporate these kinds of practices into a PT routine?
9. How could the concept of “loving kindness meditation” tie into the leadership values you have encountered? How might it relate to the idea of authentic leadership?
10. Do you spend any time in the morning just “being” or otherwise taking a quiet moment to organize your thoughts? Why is it important to spend even a few minutes on mindfulness at the start of the day?
11. Have you tried being present in the mundane, everyday moments of life? How can being mindfully aware during small tasks help with being mindful in general?
12. How does the idea of interconnectedness apply in real life for you? At work? At home? In the in-between places? Why might being mindful of connections be valuable for a leader or follower?
13. What do you think about the author’s approach to dealing with anger in a mindful way? How could you apply those ideas in your day-to-day life?

Discussion questions adapted from the Wildland Fire Leader Development Program.



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