

Succeed with Ease – Mindset Mastery

by Kelli Risse

This discussion guide is designed to help you dive deeper into the mindset shifts shared in *Succeed With Ease: Mindset Mastery*. Whether you're using this in a book club, team meeting, or personal growth circle, the questions will spark meaningful conversations and fresh insights. There's no right or wrong way to move through them—let the dialogue unfold naturally and give everyone space to reflect, share, and grow.

Section 1: Rethinking Success

1. Which principle in this section challenged your old definition of success the most—and why?
2. How do you personally define 'ease'? Where does that show up (or not show up) in your current lifestyle?
3. What's one 'grind-mode' habit you're rethinking as a result of the ideas in this section?
4. How has your relationship with the idea of rest or recovery evolved lately?
5. Do your current behaviors align more with high achiever (overdrive, hustle, burnout) or high performer (intention, boundaries, sustainability)? What shifts might you need to make to operate more as a high performer?

Section 2: Mastering Resilience

1. When do you notice your self-worth getting tangled with your to-do list—and how does it tend to show up?
2. What does self-compassion look like for you during a tough week?
3. Which setback in your life ended up being a stepping stone? How did your mindset shift?
4. How do you currently regulate your emotions during high-pressure moments?
5. Where in your life could clearer boundaries bring more ease?

Section 3: Building Self-Trust & Clarity

1. What area of your life could benefit from more ownership or intentional decision-making?
2. How has pressure or comparison shown up in your life—and what helps you refocus on progress?
3. Is there a belief you've carried—about success, self-worth, or productivity—that might be holding you back? How would things feel if that belief weren't true?
4. Where does your attention go during the day—and is it aligned with your values?
5. How do you define 'ease in action'? What would that look like for you this week?



Section 4: Cultivating Balance & Long-Term Success

1. What's something in your life that you're grateful for—but often overlook?
2. How do you usually respond to change—and how would you like to improve that response?
3. How do you currently prioritize joy in your day-to-day life?
4. What does your stretch zone look like right now—and how does it feel different from strain?
5. How are you handling rest and recovery differently than before? What still needs to shift?

Section 5: Embracing Freedom & Empowerment

1. What's one thing you're ready to let go of—and what could that make space for?
2. Where in your life do you want to be more adaptable right now?
3. How does radical acceptance open the door to personal freedom?
4. What decision are you avoiding—and what might shift if you chose to act?
5. What outdated expectation do you need to release to evolve into who you're becoming?

Whole-Book Reflection Questions

1. Which principle felt like it was written just for you—and why?
2. What's one mindset shift from the book that's already made an impact?
3. How would you describe the difference between 'striving' and 'succeeding with ease'?
4. If you were to live the next 30 days by one principle from the book, which would it be—and what would you hope to experience?

Thank you for exploring these principles together. Each conversation is a step toward redefining success through intention, clarity, and ease. Keep asking bold questions, supporting one another, and embracing what it means to have both success and ease. Because the truth is: ease isn't the opposite of success—it's the foundation.

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