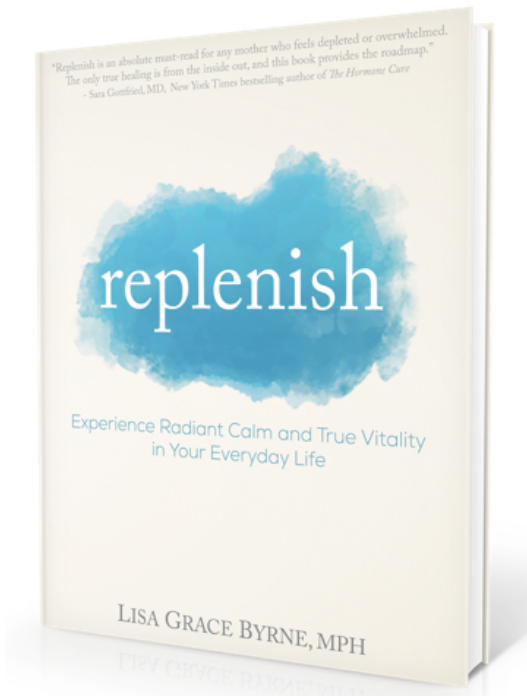


by Lisa Grace Byrne, MPH  
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# Replenish Discussion Guide



This guide has been created as a supplemental resource for **Replenish: *Experience Radiant Calm and True Vitality in Your Everyday Life*** by Lisa Grace Byrne.

This guide can be used to facilitate small group discussions and/or for individual, personal reflection. Use it as a springboard for diving deeper into the essentials of radical self-care.

**Don't have a copy of *Replenish* yet?**

[Click here](#) to purchase from Amazon.

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Experience Radiant Calm and True Vitality  
in Your Everyday Life

## **Introduction & Chapter One :: *Paradoxes of Motherhood***

What paradoxes in motherhood have you found to be true in your personal experience? (In other words - when have you felt two seemingly opposite feelings at once like gratitude and resentment, or contentment and longing?)

Why do you think it's been hard to accept them both as "true"?

Do you tend to suppress or ignore one of these "paradoxical" feelings more than the other?

## **Chapter Two: *Calm Mind***

How do you tend to express overwhelm in your life -- by shifting into overdrive (do, do, do) or escape (checking out) mode?

What situations in your life right now tend to trigger instant stress most often? What are your biggest stress triggers right now in life?

In the book we explore 5 categories of "Master Calming Techniques" : Breath, Olfactory Nerve, Nature, Nervous System and Energy. Which of these tools have you used before? Which are you less familiar with, but interested in bringing more into your life?

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## **Chapter Three: Sovereign Thoughts**

We all hold stories about what a “good” mom does and who a “good” mom is before we ever become a mother ourselves. What did your story tell you about a good mom?

How would you begin to intentionally re-write those stories and create new definitions about what a good mom is now?

## **Chapter Four: Nourished Body**

Do you notice a connection between stress and sugar cravings in your life?

When are you most likely to have intense cravings for sugar or junk food during your day?

In your life, have you ever found yourself using food as a “weapon” - that is, as a way to restrict, control or punish yourself for not being thin enough, strong enough, good enough? If yes, how has this played out for you?

What’s your relationship to food right now in life?

## **Chapter Five: Restorative Rest**

How's your sleep? No, *really* ... let's get into some detail as you consider that question.

How easy is it for you to fall asleep at night?

Do you wake often throughout the night?

Are you refreshed when you wake in the morning?

How are you woken up in the morning (naturally, by alarm, by the kids)?

What is your evening routine like?

What is one small shift you could make to create a more restorative evening routine for yourself?

## **Chapter Six: Joyful Movement**

What's been your relationship to exercise over your lifetime?

Has it changed since having children? If so, how?

What kinds of movement feel best for you?

What gets in the way of you making healthy movement a regular part of your life?

## Chapter Seven: *Anchored Quiet*

In a typical day, how often are you able to experience silence, without interruption, distraction or noise in the background?

How comfortable are you with silence?

What happens to your thoughts when you try to quiet your surroundings and calm your thinking brain?

A great group exercise is to go through the “5 Senses Exercise” with one person guiding the others through the questions. Then afterward, share how it felt to do that exercise.

What came up?

What felt good?

What felt challenging?

## Chapter Eight: *Authentic Connection*

How did your friendships and social connections change once you became a mom?

To what degree do you feel “filled” up in this area of core need?

What is most difficult about maintaining strong friendships in your life right now?

Think about the three roles our “inner hut” circle can fill: soul sister, mentor, visionary. Do you have people in your life that fill each of these roles?

## Chapter Nine: Sacred Schedules

Go through the following guided exercise personally and then share and discuss with the group.

**1 ::** Name one core essential that is a top priority for you to focus on nourishing or improving in order to live a more vital, healthy and whole life. Write this core essential down on a piece of paper.

Next, name every obstacle you feel is keeping you from bringing more of that core essential into your life.

*For example, you may have written Joyful Movement and under that you may have noted limited time in your schedule as an obstacle.*

**2 ::** Without trying to change your obstacles, what would a bridge look like that took you over that obstacle?

*For example, if you feel that you have little time to make room for joyful movement, rewrite that to say something like this:*

*I need to find ways to fit movement into my week that will not take much time and can fit into the small gaps of time I have.*

*Or perhaps your rewrite looks like this:*

*I need to think of ideas to get movement into my week while I have the kids with me because right now I don't have the option to get them covered while I get exercise in.*

**3 ::** From here, brainstorm possible “bridges” that would help you get to where you want to go {more joyful movement} even though you still have a certain obstacle {limited time} in your life.

*For the above example, could it be you take the kids to the park and choose to walk the perimeter of the playground while they play, instead of standing and watching?*

*Could you take them on a local trail walk for one of your mid-day or afterschool outings?*

*Could you choose to take a quick walk around your neighborhood instead of expecting yourself to get to a gym?*

Go through this process for one core essential, obstacle and bridge. Brainstorm each personally and then share what you wrote with the group.

## About the Author



**Lisa Grace Byrne, MPH** is a mom of three, founder of [WellGrounded Life](#) and a trusted authority on women's vitality and wellbeing. Her work focuses on supporting moms to live vibrant and fulfilled lives.

She is a passionate speaker, teacher and mentor to women and mothers worldwide. She has a degree from Cal Poly State University, SLO in Biochemistry with an emphasis in Nutrition and Metabolism. She holds a Masters in Public Health degree from Boston University and she is a Certified Holistic Health Coach through the Institute of Integrative Nutrition in conjunction with Columbia University.

Find more resources for vibrant living at [WellGroundedLife.com](http://WellGroundedLife.com).

Lisa Grace Byrne's  
**wellgroundedlife** Equipping moms  
to live vibrant lives