

S|M|S BOOK *club*

The Big Leap

November - December 2022



Hello!

This month's book club is **The Big Leap** by **Gay Hendricks**. You can grab the hard copy or the audible. Gay himself reads the audible book, and I am a sucker for authors reading their audible books.

Being in Q4, and with 2023 approaching, this book seemed fitting. The Big Leap is an opportunity to find your zone of genius and transcend the things holding you back. What better time than the beginning of a new year to embark on such a journey?

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Book Club Tips

TAKING NOTES

I like to take notes on my iPad with the Goodnotes app while listening to the book on audible.

However, I highlight and write notes in the margins if I have the book in print or PDF.

SCHEDULING TIME

We are taking a bit more time with this book as the holidays are near, and I don't want anyone to be overwhelmed. Here is the reading schedule if you want to follow along:

Nov. 8 - Intro + Chapter 1

Nov. 15 - Chapter 2

Nov. 22 - Chapter 3

Nov. 29 - Chapter 4

Dec. 6 - Chapter 5

Dec. 13 - Chapter 6

Dec. 20 - Chapter 7,

Conclusion + Appendix

Each week has a page below for notes and activities to follow.



Zone of Genius

November 8

Week 1 Checklist

Read:

- Introduction
- Chapter 1

- ☐ Skim the Chapter Titles
- ☐ What do you expect to learn?
- ☐ Answer Gay's 4 Questions
- ☐ Check in with the Group!



NOTES

BOOK CLUB WORKSHEET

November 15

Week 2

Checklist

Read:

- Chapter 2

- ☐ What do you think about your upper limits?
- ☐ Have you identified them?
- ☐ Any A-ha moments? Thoughts? insights? Share with the Group!



NOTES

November 22

Week 3 Checklist

Read:

- Chapter 3

☐ Getting sick and hurt blew my mind, what surprises you about our upper limit issues? Now that you can identify them have you experienced any?

☐ Any A-ha moments? Thoughts? insights? Share with the Group!



NOTES

November 29

Week 4 Checklist

Read:

- Chapter 4

☐

Maybe one of the hardest chapters, but also most exciting - what is your genius?

☐

Any A-ha moments? Thoughts? insights? Share with the [Group](#)!



NOTES

December 6

Week 5 Checklist

Read:

- Chapter 5



- ☐ Out of the box and into the spiral - will you modify the mantra?
- ☐ Saying No for the Zone: How does this make you feel?
- ☐ Any A-ha moments? Thoughts? insights? Share with the [Group](#)!

NOTES

December 13

Week 6 Checklist

Read:

- Chapter 6

- ☐ Any A-ha moments?
Thoughts? insights?
- ☐ Einstein Time - making
time, how does this
resonate with you? Share in
the [Group](#)!



NOTES

December 20

Week 7 Checklist

- ☐ Read Ch. 7, Conclusion & Appendix
- ☐ What you Learned v. What you Expected to Learn
- ☐ 3 Key Takeaways you will start implementing
- ☐ Check in with the [Group](#)!

NOTES

Read:

- Chapter 7
- Conclusion + Appendix

Congrats! You made it through the holidays and **The Big Leap**.

Let's reflect on what we learned and what we will take into practice.



Thank-you!

Reading has made a huge impact on my business growth, but reading with others has created even more rapid growth.

That's why I started the SMS Book Club. Gain accountability, learn from others' insights, get feedback, ask questions and get more out of these amazing business and life books.

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