

DISCUSSION QUESTIONS

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LIMITLESS



THE
POWER OF
HOPE

AND

RESILIENCE

TO OVERCOME
CIRCUMSTANCE

INTRODUCTION
GOOD OVERCOMES

1. What prompted you to read this book?

2. What are you hoping to learn by reading this book?

3. Did your family have a motto when you were growing up? If so, what was it?

LIMITLESS DISCUSSION QUESTIONS

4. What rituals comfort you when you feel stressed or overwhelmed?

5. Who is always there for you when you are faced with something difficult?

6. What does the motto “good overcomes” mean to you? When have you seen the truth of that statement in your own life? When have you doubted it?

CHAPTER ONE

YOU CAN CHANGE THE WORLD... BUT YOU CAN'T DO IT ALONE

1. What struggles did your family face when you were growing up? How did your family handle those struggles?

2. What trauma have you faced in your life? How did it shape the way you view things now?

LIMITLESS DISCUSSION QUESTIONS

3. What pleasant memories do you recall when you need a mental escape from a difficult situation?

4. What images or thoughts do you have when you think of changing the world?

5. Why is it important to be open to accepting help from others when you are faced with a challenge?

CHAPTER TWO
FACE YOUR FEARS

1. When have you felt as though you had to focus on simply making it through the day?

2. When have you wished you could go back and change your story? How do you keep yourself moving forward rather than getting stuck in the past?

3. What is your greatest fear, and why?

4. What helps you find courage and strength when you are facing your fears?

5. What are some limitations that fear has placed on your life? What can you do to move past your fear?

CHAPTER THREE
MOVE FORWARD

1. When have you had to change your dreams because of situations in your life?

2. What freedom can you find in the present rather than dwelling on the past?

LIMITLESS DISCUSSION QUESTIONS

3. When have you felt powerful because of something you've accomplished?

4. What defines your sense of self?

5. What lessons do you carry from your past experiences? How have they shaped who you are today?

CHAPTER FOUR
LIMITLESS

1. Do you believe you have the power to control your destiny? Why or why not?

2. Has anyone ever dismissed your abilities or had low expectations of you? If so, how did that make you feel?

3. How might your view of yourself be different from how others view you?

4. In what ways do you fit in with society's perception of "normal"? In what ways are you different?

5. When do you feel the most comfortable about who you are and the path you are on?

CHAPTER FIVE

HEALING IS NOT
CHRONOLOGICAL

1. Have you ever left loved ones and comfort in order to further pursue your dreams? If so, what was your experience?

2. When have you faced discouragement or setbacks when pursuing your dreams?

3. How would you describe grief?

4. Why is it important to balance your physical health and your emotional well-being?

5. How have you mourned in the past? How does that grief affect you today?

CHAPTER SIX
RISE ABOVE

1. How can anger and resentment weigh you down? How do you let go of them?

2. What does “closure” mean to you?

3. When have you felt the power of forgiveness?

4. When have you witnessed someone turn heartbreak into victory? How did they do so?

5. What burdens are you carrying? What steps can you take to let them go?

CHAPTER SEVEN
FIND YOUR WHY

1. When have you had to transition from one season of life to another? How was that transition difficult? What made it easier?

2. Do you believe everything happens for a reason? Why or why not?

3. What does bravery mean to you?

4. What has your path of self-discovery looked like?

5. What is your reason for pursuing your goals?

CHAPTER EIGHT

REDEFINE YOUR LIMITATIONS

1. Have you ever been unable to overcome a limitation no matter how hard you tried? If so, how did it make you feel? What was the result?

2. When has an event caused you to question your value or potential?

LIMITLESS DISCUSSION QUESTIONS

3. What are your weaknesses or limitations? How can you use those to pursue your goals?

4. How can you redefine your limitations?

5. What does it look like to invest in yourself?

CHAPTER NINE

BE WILLING TO FAIL

1. When have you experienced success? What steps led you to that success?

2. Have you ever felt alone despite being around people? If so, why did you feel that way?

3. What is the difference between stopping and quitting?

4. Who or what helps you build confidence?

5. In what ways can a willingness to fail lead to achievements?

CHAPTER TEN
LOVE PERSEVERES

1. How do you define love?

2. Who in your life has anchored you in love?

3. Who or what has had a powerful impact on your life?

4. Why do you think it can be hard for us to accept love from others?

5. As you look back at the struggles you've faced in your life, how can you see love at work during those times?

CHAPTER ELEVEN
EMBRACE YOUR COMEBACK

1. How do you feel about being alone?

2. Why is it helpful to remember that you don't have control over everything?

LIMITLESS DISCUSSION QUESTIONS

3. Have you ever experienced anxiety? If so, what did you do to overcome it?

4. What light helps you drive away darkness? What do you do to make sure you focus on that light?

5. When have you witnessed someone in your life make a comeback? What were their circumstances? What drove them to overcome their struggles?

CHAPTER TWELVE
WRITE YOUR OWN ENDING

1. The author often references the black line in the pool that she follows when swimming. What “black line” do you follow in your life?

2. Do you tend to view the future through the lens of “what if” or the lens of “why not”? What is the difference between the two?

LIMITLESS DISCUSSION QUESTIONS

3. What legacy do you want to leave? What are you doing to build that legacy?

4. How has the pandemic affected you? What are you doing to allow the events of the past year to help you change your perspective?

5. What parts of your story do you need to rewrite in order to write the ending you want?

6. What did you learn by reading this book?

7. How would you describe this book to your friends?
