

WELCOME
WHAT IS,
DARE TO
DREAM AGAIN,

REBUILDING BEAUTIFUL

AND STEP
BRAVELY
INTO WHAT
COULD BE

KAYLA STOECKLEIN

A PDF COMPANION TO THE AUDIOBOOK

Rebuilding Beautiful

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FOR REFLECTION

EMBRACE

Chapter 1: Embracing the Unexpected

1. In what ways have you tried to run away from your pain?
2. What unhealthy habits are getting in the way of your ability to lean into your pain?
3. How has shame played a role in your pain?

Chapter 2: Cultivating Community

1. In what ways can you pursue connection and solidarity with others?
2. Who have you allowed to carry your pain with you?
3. What steps can you take to share the weight of your pain?

Chapter 3: Befriending Death

1. If you have lost a loved one, how has death changed your perspective on life?
2. What does acceptance look like for you?
3. Have you found acceptance in this stage of grief?
4. How has your pain moved forward with you?
5. What does it mean to hold space for both sorrow and joy?

HEAL

Chapter 4: Who Am I?

1. As you rebuild your life, what parts of who you were in the past no longer serve you in your present?
2. How have you reclaimed your identity in this season of rebuilding?
3. Who do you want to become?
4. What new passions do you want to pursue?

Chapter 5: A New Narrative

1. In what ways have you planned for the harder calendar days?
2. What does redemption mean to you?
3. How have you seen redemption in the rebuilding process?

4. What new traditions have you established or would like to establish as you move forward?

Chapter 6: Doing the Work

1. How have you engaged with your trauma?
2. What path of healing has been helpful to you?
3. How have your scars become a sacred part of who you are?

EXPLORE

Chapter 7: Worthy of Love

1. How has your loss or pain changed your relationships?
2. Has your suffering changed the way you welcome and embrace love? How?
3. Do you feel worthy of love?

Chapter 8: The Crisis of Faith

1. How has your experience impacted your faith?
2. Have you wrestled with God in your pain? How?
3. What approaches to faith have been healing for you?
4. What does a relationship with God look like here?

Chapter 9: I'm So Proud of You for Trying

1. What new ambitions have piqued your curiosity in this season of rebuilding?
2. What fears are preventing you from trying something new?
3. What small steps forward can you take?

DREAM

Chapter 10: Happy Beautiful Life

1. What does a “happy beautiful life” look like for you?
2. What are your beautiful dreams?
3. How can you ask for help or support in pursuing your dreams?

Chapter 11: Ocean of Fear

1. What fears are getting in the way of your dreams?
2. How have your loved ones responded to your dreams?
3. What fears have they expressed?
4. What boundaries do you need to set in place to protect your beautiful dreams?
5. What lies might you be believing about your ability to achieve your dreams?

Chapter 12: I Chose This

1. Which “I chose this” moments have you encountered on your rebuilding journey?
2. Are you stuck in a victim mentality? If so, what steps can you take to break free?
3. How can you rise in power in the midst of your circumstance?
4. How have you stopped to celebrate your realized dreams?

EXPLORE

Chapter 13: Habits for Self-Compassion

1. How has a season of grief or unexpected loss challenged your physical health?
2. How can you step toward self-compassion and self-acceptance?
3. In what ways can you reach for gratitude and embrace all your insecurities as a beautiful part of the gift of your body?

Chapter 14: Defiant Joy

1. How might comparison be stealing your joy?

2. Describe your relationship with social media. Is it creating an unhealthy cycle of envy?
3. In what ways can you choose supernatural joy amid your challenging circumstance?

Chapter 15: It's All a Gift

1. How can you practice silence and solitude in the midst of your everyday life?
2. If you could get away for a few days, where would you go? What steps can you take to make that getaway dream a reality?
3. In what ways are you practicing gratitude?