

# Book Club

## QUESTIONS

### ***Rags to Riches to the Real Me***

### ***Overcoming Adversity Through a Lifelong Quest for Success and Happiness***

### ***21 Steps to stop surviving and start thriving.***

Hello -

*Thank you for reading my book. I hope that the book club questions to follow will help you realize that you can start over at any age to heal and that you can rewrite your story with a happy ending.*

Heather

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We suggest that you have two meetings with 2-4 weeks between them so the book club participants have time to read it at a good pace.

#### **Meeting #1 - Chapter 1 - Growing Up in Ramarama**

- 1) Heather's childhood was full of disappointments with people and situations. Was your own childhood story any different from Heather's? How? If you had similar experiences, which were they? And how did they help to shape your life?

#### **Meeting #1 - Chapter 2 - Creating Dream Boards**

- 2) Heather had an interesting way to create one of her first dream boards. A "shopping list" in which she wrote the qualities she was looking for in a husband before she met Mark. Do you have your own particular way to create your dream boards? Have you experienced the manifestation of things you have listed on a dream board?

### **Meeting #1 - Chapter 3 - Setting My Dreams in Motion**

- 1) At this point in her life, Heather wrote and read her goals daily. She meditated and said affirmations. She learned them off by heart, and she walked around, telling herself positive things all day long. Have you thought about your go-to affirmation that you can stick to? Have you considered creating the little cards with positive affirmations?

### **Meeting #1 - Chapter 4 - Wanting More for My Life**

- 2) The fruits of her affirmations, visualizations, manifestations and meditations were unfolding positively, and things moved fast but she was still dealing with trauma from her childhood and failed marriage that she couldn't let go of. Was there ever a situation that affects you to this day? Sometimes it helps to acknowledge it and let it go. Are there any fears you would like to address and face?

### **Meeting #2 - Chapter 5 - Eating, Praying, and Loving**

- 3) One of Heather's greatest lessons about gratitude is to start small. *A great practice is to wake up every day and start your daily ritual. Grab your journal and start by writing three headings. In the book, she has included some examples to get you started.*

*"Today, I am grateful for:*

- *My gorgeous husband and children.*
- *The roof over my head and the food I have to eat.*
- *Our little puppy who brings us such joy."*

*Have you created your own gratitude practice? Could you share how it works with the group?*

### **Meeting #2 - Chapter 6 - Flip-Flopping – NZ or UK?**

- 4) Heather spent a lot of time and energy going back and forth between New Zealand and the UK for a while until she finally settled in New Zealand again. Have you ever been in a situation where you were not sure if you were actually waiting for something to happen or if there were lessons to be learned in that moment? Can you share it with the group?

### **Meeting #2 - Chapter 7 - Going from Rags to Riches**

- 5) After the divorce, Heather not only hit rock bottom, but she was also disappointed in herself for putting herself through the last seven years of what now felt like hell.

*What is something you still feel uncomfortable about (even though you know it's not your fault ... it just happened to you, or you found yourself in those circumstances), but even now you struggle to be honest that it happened? It's hard to face trauma, as it's often attached to shame.*

## **Meeting #2 - Chapter 8 - Finding the Real Me**

- 1) As Heather comes to the end of her story by revisiting the time she had to fight hard in order to feed herself and her son, enduring more pressures, trials, and tribulations than anyone should ever have to endure (and she has the scars to prove it). She emerged as a bright, shining star. Her journey started, literally, from her wearing rags, to journeying along a twisting road through trials and triumphs, to riches ... to finally, gently arriving at the real her. If you had to list one lesson from her story, what would it be? What was the most inspiring part of the book for you?

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If you have 5 + people in the book club, Heather will be happy to offer a 30-minute virtual call with her as a thank you to the members of the book club. To schedule the call, please email [info@TheHeatherWalton.com](mailto:info@TheHeatherWalton.com) with the request. We also appreciate your book review on your retailer of preference.

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To continue with your journey towards living your best life by implementing daily rituals, visit [TheHeatherWalton.com](http://TheHeatherWalton.com), granting you access to Heather's free newsletter, updated content, exercises, and resources, such as printable journal worksheets and a daily gratitude journal. You can also learn about her events and services as a holistic mentor, inspirational coach, and keynote speaker.

