



Book Club Discussion Guide

Thank you for reading *Tranquility by Tuesday: 9 Ways to Calm the Chaos and Make Time for What Matters*. Here are a few questions, inspired by the book, that can help spark discussions about time and how to spend it best. If you'd like to share any of your answers, feel free to send your thoughts to laura@lauravanderkam.com.



1. *Tranquility by Tuesday* promises to help “calm the chaos.” Looking back over the last week, what were the most stressful and chaotic parts of your schedule? What made them stressful or chaotic?
2. One of the *Tranquility by Tuesday* study participants said before starting the project that “Guilt-free leisure time is very elusive.” Have you ever felt this way? Are you happy with how you spend your leisure time?
3. If, tomorrow, you got an extra hour in the day, how would you spend it? (If you have young kids, let's stipulate that someone else is responsible for them during this hour.)
4. What was your favorite *Tranquility by Tuesday* rule? Take a vote! Why was that rule your favorite?
5. Did anything interesting or unexpected happen in your life as a result of trying a *Tranquility by Tuesday* rule? Did you learn anything about yourself?
6. One of the rules is to have one big adventure and one little adventure each week. What fun or surprising little adventures would you recommend other people try — ones that you've really enjoyed? See if you can add a few recommendations from other group members to your List of 100 Dreams (see chapter 2).
7. Sketch out a realistic ideal week. What would a really good week look like for you? How would you spend your weekdays? Your weekends? Compare notes.
8. Did any of the rules not work for you? Why not? Were any of the rules particularly difficult to follow? What challenges made them difficult for you?
9. Which of the rules are you most likely to keep using in your life? Or which would you like to try in the future?
10. If you were to add a 10th rule, what would it be?

Learn more at LauraVanderkam.com