

Inspired Nurse Discussion Guide

Use these questions to foster dialogue among your team.

Chapter One: Ten minutes of purpose

1. Share your “most inspiring nursing experience ever.”
2. Discuss why these moments had such an impact on you
3. Discuss what the following sentence means to you: *Look for reasons to be inspired?*

Chapter Two: Honor your mentor

1. Share thoughts or stories of your mentor.
2. Discuss what qualities these mentors had that allowed them to make such an impact.
3. Discuss opportunities to mentor others.

Chapter Three: Thank a family member or friend for his or her support

1. Share how your family and friends have supported you through your schooling and nursing career.
2. Discuss why this support meant so much to you.
3. For those who thanked their supporter; discuss their reaction. Discuss how this impacted you.

Chapter Four: Support new nurses

1. Share how you felt as the new nurse.
2. Discuss ideas on how to support new nurses
3. Share what the three things you wish someone would have said to or done for you when you were just starting out?

Chapter Five: Notice the miraculous

1. Share your stories of the miraculous.
2. Discuss your definition of a miracle.

Chapter Six: Give gratitude to nursing aides/assistants

1. Share stories of your greatest assistants/aides
2. Discuss what qualities make them great.
3. Discuss sharing your gratitude; how did the aides/assistants respond?

Chapter Seven: Make your workplace more peaceful

1. Discuss a hectic work environment; what contributes to this environment?
2. Discuss a peaceful work environment; what contributes to this environment?
3. Discuss how each of you can contribute to a more peaceful environment.

Chapter Eight: Write a thank-you note

1. Discuss how writing the thank you note made you feel?
2. Discuss a time you received a thank you note; how did it impact you?

Chapter Nine: Ask a patient or coworker for his or her “one thing”

1. Share stories of the patient or coworkers “one thing.”
2. Where these things big or small?
3. How did doing these “one things” impact you?

Chapter Ten: Be Welcoming of Spirit

1. Share ways that you have been able to support the spiritual needs of others.
2. How did they respond to this support?
3. How did supporting these spiritual needs impact you?

Chapter Eleven: Increase and improve patient safety

1. Share stories of mistakes that have been made.
2. How did you learn and grow from these mistakes?
3. What has been done to prevent these mistakes from happening again?

Chapter Twelve: Seek the Good in Others

1. Share stories of the good you found in others.
2. How did your outlook change when you decided to look for the good rather than the bad or the ugly?
3. How has seeking the good changed your relationships?
4. How has looking for the good changed *you*?

Chapter Thirteen: Look for reasons to be inspired

1. What happened when you looked for reasons to be inspired?
2. Was the inspiration you encountered something new...or something that you simply did not see before?

Chapter Fourteen: Share your stories

1. What is the toughest thing you can ever recall having dealt with during your healthcare journey?
2. How did it change your life perspective?
3. What's the funniest thing that has ever happened to you? The most absurd situation you have ever been in?

Chapter Fifteen: Appreciate humor

1. Talk about what is funny? What makes you laugh?
2. Discuss how humor can be used to avoid taking life too seriously.

Chapter Sixteen: Share the inspiration. Inspire it forward

1. What are ways that you have been inspired?
2. How can you share this feeling with others?
3. Discuss ways you have inspired it forward and the reaction from the receiver.

Chapter Seventeen: Perform an anonymous act of kindness

1. Share your acts of kindness?
2. What did it feel like to perform these acts of kindness?
3. Is it easy or hard for you to be anonymous when you give?
4. There is such a powerful energy in the act of giving. Why is that?

Chapter Eighteen: Give of Your Time and Knowledge

1. Share the impact volunteering has had on those you have helped.
2. Discuss what giving has taught you about yourself?

Chapter Nineteen: Make a why-I'm-grateful-for-being-a-nurse list

1. Share what you are most grateful for as it relates to being a nurse.
2. How has being a nurse made you a better human being?
3. As a group, make an "I'm grateful for" list related to nursing.

Chapter Twenty: Watch your mouth! (Use new words.)

1. Share what words your team uses on a regular basis? Do you use words like "fried," "burnt," "tired," "overworked," "stressed," and the like?
2. Discuss how what you say influences how you feel.
3. What "new" words could your team begin to use?

Chapter Twenty-one: Create affirmations and use them to change your life

1. Share some of your affirmations with your team.
2. How have you built these into your day?

3. Are there affirmations you could have as a team?
4. How could you build these into your work day?

Chapter Twenty-two: Make an inspiration plan

1. Share your overall goal in your inspiration plan.
2. Share the process of writing your inspiration plan.
3. How will you measure success?
4. How your team support each other with these plans.

Chapter Twenty-three: Write a letter from you to you

1. Share what it felt like to write this letter to you?
2. Discuss the impact of this letter? Have you re-read it?
3. Discuss how you would support yourself if you were your own best friend.