

# HOPE FOR THE BEST PLAN FOR THE REST

## DISCUSSION GUIDE

- 1 How did your opinion of the book change as you read it?  
\_\_\_\_\_
- 2 Which key was your favorite and why?  
\_\_\_\_\_
- 3 Which key did you find most challenging and why?  
\_\_\_\_\_
- 4 What was the most valuable piece of advice and why?  
\_\_\_\_\_
- 5 What surprised you most about the book?  
\_\_\_\_\_
- 6 Did you try out any of the keys or exercises? How did it go?  
\_\_\_\_\_
- 7 Did you re-read any chapters? If so, which ones?  
\_\_\_\_\_
- 8 Who would you recommend this book to and why?  
\_\_\_\_\_
- 9 Are there lingering questions from the book you're still thinking about?  
\_\_\_\_\_

**The Waiting Room  
REVOLUTION**



Adapted from the book “Hope for the Best, Plan for the Rest” and workbook “Applying the 7 Keys for Navigating a Life-Changing Diagnosis.”

Authors Drs. Winemaker and Seow.  
© 2026. All rights reserved.

For more resources visit: [www.waitingroomrevolution.com](http://www.waitingroomrevolution.com)