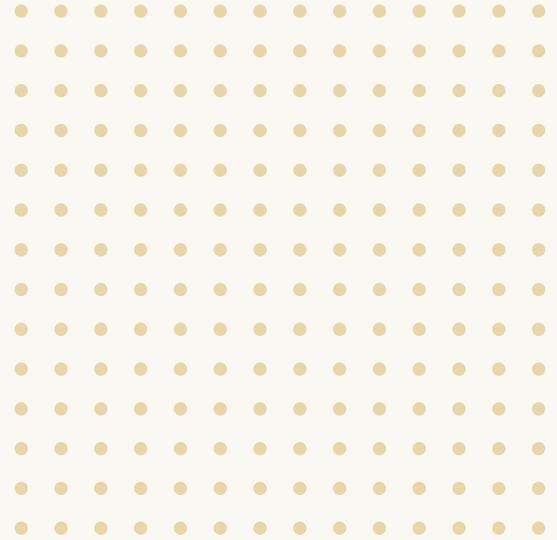


● TOM RATH



BOOK CLUB KIT

What's the Point?

Turning Purpose Into Your Daily Superpower

A discussion guide for Tom's newest book — with questions on purpose, career, health, and relationships, plus activities designed for book clubs and corporate reading groups. Coming April 2026.



How to Use This Guide

In *What's the Point?*, Tom Rath makes the case that your daily superpower is not your title, your salary, or your brand — it is your ability to contribute to others. This guide will help your group explore the research, challenge assumptions, and build a personal practice around purpose-driven living.

This Book Is Personal

Tom shares more of his own story in this book than any other. Honor that vulnerability by creating a space where your group feels safe to do the same.

Use the Career Profiles

The book includes 40 detailed career profiles with AI impact assessments. Use these as jumping-off points for conversation about the future of work.

Connect to CareerSight

For groups with younger members or parents of teens, explore the CareerSight videos at careersight.org to bring the career conversations to life.

Purpose Is Practice

Tom argues that purpose is not something you find once — it is something you practice daily. End each meeting with a commitment to one purposeful action.

DISCUSSION GUIDE

Discussion Questions



Your Daily Superpower

Contribution over credentials

- 1 Tom opens by arguing that your real superpower is your ability to contribute to others — not your resume or your brand. How does that reframe how you think about your own value?
- 2 The book draws on decades of research to show that purpose extends lifespan and improves health. Were you surprised by the strength of this evidence?
- 3 Tom shares deeply personal stories in this book. Which moment from his own experience resonated with you most?
- 4 How do you currently define your purpose? After reading, would you revise that definition?
- 5 The book warns against purpose as a 'branding exercise.' Where do you see that happening in our culture?
- 6 If someone asked your closest friends what you contribute to the world, what do you think they would say?

Health and Relationships

The foundation purpose is built on

- 1 Tom revisits themes from Eat Move Sleep but through the lens of purpose. How does having a strong 'why' change your motivation to take care of yourself?
- 2 The book presents research on how social connections directly affect health outcomes. What relationships in your life most contribute to your wellbeing?
- 3 Tom argues that investing in others' health is one of the most meaningful things you can do. How could you do this in a practical way this week?
- 4 Which finding about the connection between purpose and physical health surprised you most?
- 5 How do your relationships either support or undermine your sense of purpose?
- 6 Tom writes that loneliness is a greater health risk than obesity. What can communities, workplaces, and individuals do to address this?

Career and Purpose

Finding meaning in what you do every day

- 1 The book includes 40 career profiles with detailed AI impact assessments. Which profile surprised you most, and why?
- 2 Tom explores how AI is reshaping nearly every career. How is your own work likely to change in the next five years?
- 3 The career profiles include 'why people stay' in each profession. What keeps you in your current work?
- 4 How can someone in a job they do not love still find daily purpose? What does the book suggest?
- 5 If you were advising a young person choosing a career today, what would you tell them based on this book?
- 6 Tom argues that the careers most resistant to AI are those centered on human connection and creative contribution. Do you agree?

Living the Point

From insight to daily practice

- 1 Tom closes by challenging readers to stop asking 'What's the point?' in despair and start asking it as a genuine guide. How would your daily life change if you asked this question every morning?
- 2 What is the single most important insight you are taking from this book?
- 3 How does this book connect to Tom's earlier work — *Eat Move Sleep, Are You Fully Charged?*, and *Life's Great Question*?
- 4 The book argues that contribution is cumulative: small daily acts build a meaningful life. What is one small act of contribution you could commit to this week?
- 5 If your book club were to take one collective action inspired by this book, what should it be?
- 6 How will you answer the question 'What's the point?' going forward?



GROUP ACTIVITY

The Purpose Statement Workshop

Each person drafts a personal purpose statement using a simple framework, then refines it with group feedback.

- Complete this sentence: 'I am at my best when I use [my strength] to help [who] with [what].'
- Write three versions. Do not overthink — speed generates honesty.
- Share your favorite version with the group. Ask for one word of feedback from each person.
- Revise your statement based on what you heard. Does the feedback reveal something you did not see?
- Write your final purpose statement on a card and keep it where you will see it daily.
- At the next meeting, share how living with this statement visible has (or hasn't) changed your behavior.



PERSONAL REFLECTION

Journaling Prompts

Take time between meetings to reflect on these prompts. Write freely without judgment — these are for your eyes only.

- 1 Write about the moment you first understood what contribution means to you — not in theory, but from lived experience.
- 2 Tom writes this is his most personal book. What is the most personal insight you gained from reading it?
- 3 Look at the career profiles in the book. If you could spend one week in any of the 40 careers, which would you choose and why?
- 4 Write about someone who embodies daily purpose without fanfare — no spotlight, no platform, just consistent contribution.
- 5 How has your definition of success changed over the past decade? How does this book accelerate or challenge that shift?
- 6 If you had one year to make the biggest contribution you could, what would you do? What is stopping you from starting today?



Thank you for reading.

Share your experience and connect with other readers

tomrath.org

