

BOOK 7 · THE TRANSFORMATION SERIES

B O O K C L U B D I S C U S S I O N
G U I D E

Listen Everywhere

What the World Teaches When You Finally Pay Attention

E x p a n s i o n · G l o b a l L i s t e n i n g ·
G r a t i t u d e · F u l l C i r c l e · L e g a c y

by Jazmine L. Ramzy

"The whole world has been talking. You just learned how to listen. This is your graduation."

How to Use This Guide

This guide contains 41 questions organized into thematic sections, plus 5 experiential exercises designed to move the conversation from your heads into your lives. You will not get through all 41 questions in one sitting — and that's the point. Use the questions that pull at something. Skip the ones that don't. Come back to the ones that made someone go quiet.

This guide works best when the group has agreed to three things: radical honesty, generous listening, and confidentiality. What is shared in the room stays in the room. What is heard in the room can change a life.

A N O T E T O T H E F A C I L I T A T O R

Book 7 is both a culmination and a new beginning. Your group has traveled through seven books together — that is extraordinary. This final discussion guide should honor that journey. Begin by acknowledging how far each person has come since Book 1. Create space for genuine reflection on the full arc. And end with celebration — because transformation of this depth deserves to be witnessed and celebrated. This is your group's graduation. Treat it accordingly.

Opening: The Full Circle

- 1 You started this series. You finished it. What does that mean to you? What did the commitment itself teach you?
- 2 Who were you when you opened Book 1? Who are you now? What is the most significant change — not in your circumstances, but in yourself?
- 3 What is the one idea from across the entire series that has most permanently changed how you see yourself or your life?
- 4 What book was the hardest for you? What made it hard — and what did the difficulty reveal?
- 5 What book surprised you most? What did it teach you that you didn't expect to learn?

Part One: The World as Classroom

- 6 Book 7 expands the listening practice beyond self and relationship to the global stage. Before reading this book, how consciously were you receiving wisdom from cultures and perspectives outside your own?
- 7 The book presents each country and culture Maya visits as having a specific lesson: joy as a way of life, beauty as necessity, the sacred in the everyday, audacity, resilience, precision. Which of those lessons does your group most need right now?
- 8 What assumption about 'the right way to live' have you been holding simply by accident of birth — because it's how things were done where you grew up?
- 9 The book argues that travel is not the destination — presence is. That you can be in Rome and see nothing, or be in your own backyard and see everything. Where in your life have you been physically present but truly absent?
- 10 What does your own city, neighborhood, or community have to teach you that you've been too familiar to see?

Part Two: James's Lesson — Seeing at the End What Was There All Along

- 11 James spent 40 years traveling the world through the lens of military mission — and saw almost nothing. At 79, he finally opens his eyes. What is your equivalent of James's blindness — what have you been moving through without truly seeing?
- 12 The book uses James's transformation as a reminder that it is never too late to start paying attention. Does that comfort your group or provoke it? What comes up?
- 13 What would you see differently about your own life right now if you looked at it through the eyes of a deeply grateful, fully present version of yourself?
- 14 The book's most important question for James — and for us: what did I miss by being too focused on the mission to notice the life? What have YOU missed?
- 15 What is still available to you — beauty, connection, experience, joy — that you have been postponing until 'the right time'?

Part Three: The Transformation in Full

- 16 Maya ends the series on an airplane, not scrolling but writing — creating, listening to her family breathing around her, fully present in her own life. What is your equivalent of that scene? What does your 'landed' look like?
- 17 The book argues that the world didn't become more beautiful. Maya became more capable of seeing it. How has your capacity to see beauty, meaning, or wisdom expanded across this series?
- 18 What relationship has most transformed as a result of your transformation? Who noticed the change in you before you did?

19 The book ends not with Maya having 'arrived' but with her still becoming — still listening, still learning. How does the idea that transformation is not a destination but a practice sit with your group?

20 What do you now listen for that you couldn't hear before you started this series?

21 What is the next chapter? Not the whole story — just the next chapter. What is it about, who is in it, and what do you want to be true about how you're showing up in it?

The Final Questions: Your Group's Graduation

22 Go around the group: complete this sentence for the person to your left: 'What I have seen in you across this series is ____.' Let everyone be witnessed by someone who has traveled this road with them.

23 What do you want to be different about how you move through the world — starting this week, not someday?

24 What has this group given you that you could not have gotten from reading alone? What does community add to transformation?

25 If you could send one message to someone at the beginning of Book 1 — someone who is exactly where you were when you started — what would you tell them?

26 What comes next for this group? Do you want to continue meeting? Explore another series? Hold each other accountable to the commitments you've made throughout? Whatever you decide — decide intentionally. You, Inc. is still open for business.

Experiential Exercises

The best book clubs don't just talk about the book — they live it, together, in the room. These five exercises are designed to create exactly that: moments of genuine transformation that happen not in solo reading but in collective experience. Choose the one or two that feel most alive for your group, or work through all five across multiple sessions.

Exercise 1 of 5

◆ THE GLOBAL LESSON ASSIGNMENT

Before your final meeting, each member chooses one country from the book (or any country that calls to them) and researches one specific cultural practice or philosophy around: how they relate to time, family, rest, food, community, or beauty. Share what you found. Discuss: what can we adopt from this practice in our own lives, starting now?

Exercise 2 of 5

◆ THE PRESENCE PRACTICE

In the 24 hours before your final meeting, each member does a 'presence audit': every hour, pause and ask 'Am I here? Am I seeing? Am I listening?' Write what you notice. Bring your findings. This is the practice the entire series has been building toward.

Exercise 3 of 5

◆ THE GRATITUDE MAP

Each member creates a visual or written map of everything they are genuinely grateful for in their lives RIGHT NOW — not aspirationally, but actually. The things that exist, the people who are here, the progress that has happened. Share them. Notice what gets overlooked when we're focused on what we're still building.

Exercise 4 of 5

◆ THE LETTER TO BOOK 1 YOU

Each member writes a letter from their Book 7 self to their Book 1 self. What do you want her to know? What can you promise her? What are you grateful she endured? Read them aloud. This is your graduation ceremony. It deserves to be witnessed.

Exercise 5 of 5

◆ THE SERIES COMMITMENT

As a final group exercise, each person makes one commitment — not a goal, but a way of being — that they are carrying forward from this series. Write it. Say it out loud. The group witnesses it. Then celebrate. Bring food. Bring drinks. Bring flowers. You just did something extraordinary. Act like it.

Until the Next Book

You read seven books. Your group sat with seven sets of questions. You were honest with each other, uncomfortable together, changed in front of witnesses. That is not nothing. That is everything. The series ends here. The listening doesn't. Go out and hear the whole world. It has been waiting for you.

T H E T R A N S F O R M A T I O N S E R I E S . B O O K C L U B G U I D E S

Book 1: Shut The F**k Up

Book 2: Listen To Everything

Book 3: You, Inc.

Book 4: The Investment

Book 5: You, Reborn

Book 6: The Currency You Trade In

Book 7: Listen Everywhere

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