

## ***The Genius Habit: How One Habit Can Radically Change Your work and Your Life***

by Laura Garnett

**Questions for Book Club  
Discussion: Parts 3 and 4**

**Monday, Sept. 26  
2 P.M.**

We are pleased to bring you the second book for the HR Learning and Development Book Club Series: ***The Genius Habit: How One Habit Can Radically Change Your Work and Your Life*** by Laura Garnett.

Whether you are just taking your first steps toward a career or a seasoned career veteran looking to inject fresh energy into your position, Laura Garnett's *The Genius Habit* is for you. The book will show you how the journey to finding long-term professional success and satisfaction starts with building the one habit to make your career ambitions a reality.

We invite you to join us on Zoom as we hold our virtual roundtable book club discussion **[Sept. 26, 2022, at 2 P.M.](#), when we will explore parts 3 and 4 of the book *The Genius Habit*.**

1. In the book, Garnett speaks of the 'Achievement Junkie.' What can you do to stop equating achievements with happiness?
2. Garnett mentions the triggers that can impact one's confidence. What are your triggers, and how can you combat them to become a more productive employee?
3. Why do you think Garnett stressed the importance of adopting a growth mindset for professional and personal growth?
4. Are there tools not mentioned in the book where you think you can build on your genius habits?
5. Based on Garnett's book, what barriers do you think can impact you from bringing out the genius within you at UMass Chan Medical School?
6. What are five takeaways from the book, and how can you use them to help your career growth and colleagues?