

# I JUST WISH I HAD A BIGGER KITCHEN

## Book Club Questions



I'm so glad you're here. I hope you can take a moment to arrive—mentally, emotionally, all of it. Set aside the to-do lists and the “open tabs” in your mind for the next hour or so. As Shauna Niequist says, “We sometimes choose the most locked up, dark versions of the story, but what a good friend does is turn on the lights, open the window, and remind us that there are a whole lot of ways to tell the same story.” My hope is that this time together leaves you feeling more connected and less alone in the everyday struggles of being human.

*Love, Kate*

1. Was there a chapter that really resonated with you? What about the chapter felt relatable to your current season of life?
2. What is your “I just wish” statement about your life in this season? Did you realize it before reading this book, or did hearing about Kate’s struggles with discontentment open your eyes to it?
3. Did you find yourself disagreeing with Kate at any point? If so, why?
4. If you could give your younger self a copy of this book, what chapter would you want her to read the most?
5. Kate encourages noticing and savoring small, everyday moments as a way to shift your mindset towards contentment. What’s a small joy, relationship, or moment in your life that you’ve been loving?
6. Kate challenges us to reframe “messes” in our homes as signs of life happening in real time. What would it look like for you to release perfectionism and lean into the mess as it’s happening?
7. Which story from Kate’s life felt the most relatable to you, and why?
8. A recurring theme of this book is the effect and pressures of social media on our thought processes. How do you think social media has distorted or changed our expectations for our homes, kids, husbands, etc.? How do we keep ourselves tethered to reality and work through comparison?
9. How do you think our unaddressed discontentment affects our family and the people we love?
10. What is a specific habit or thought process you want to change based on reading this book?
11. Is there someone in your life who models true contentment? What do they do that inspires you?
12. If you were to give this book to a friend, what conversation would you hope it sparks?

## NOTES

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