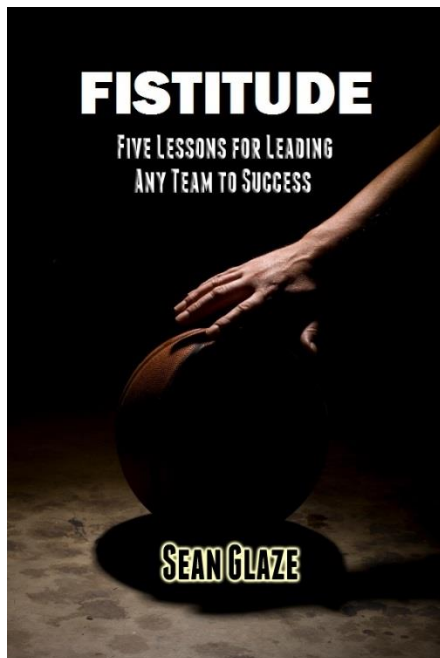


FISTITUDE: Reader's Guide

The men's basketball team from a small private high school finds itself struggling through a dreary season, when their coach is called away to attend to a family member's illness. Enter a wise and mysterious janitor, who not only accepts the reins of leadership for the team during that absence, but soon becomes a mentor to the team, especially to a talented young man named Matthew who is essentially raising himself after he and his father moved into town following the loss of his mother.

Through a series of five lessons woven into the frustrations and excitement of the season, the janitor offers lessons that correspond to each finger in a fist, and helps the team to accomplish their goals and become leaders themselves...



“Here on earth there will always be more mountains - and you fellas will find the tops of many in your life - but your joy will not be found at the summit.

Your joy will be in the journey and relationships you share, and the legacy and influence you leave on others.”

From Fistitude

This unique guide is intended to assist readers in their understanding and appreciation of the lessons and ideas offered throughout the book.

Whether you are reading it alone, or as a group that will be enjoying the book together throughout your season, I hope you will find the questions that follow useful for your discussions and reflection.

Compliments of the author, Sean Glaze

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CHAPTERS 1 AND 2

1. Why was Matthew discouraged?
2. Discuss the meaning of this quote: "It's hard to see where you're going with your head down."
3. Why does the janitor shake his fist?
4. How is frustration like a maze?
5. How is Mark's excitement evidence of a poor team culture?
6. What is the difference between Matthew's dad being liked and being respected?
7. What is frustrating YOUR organization right now?

CHAPTERS 3 AND 4

1. Does being busy really clear your mind?
2. What surprises Matthew about the janitor's knowledge?
3. Why might Mathew have been the chosen one for the janitor's lessons?
4. Discuss the meaning of this quote: "everything starts with belief."
5. What is significant about the janitor's last name?
6. What does the janitor mean when he says Matthew is "treading water?"
7. How is finding your passion like looking into a puddle?
8. What does the pointer finger represent?

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CHAPTERS 5 AND 6

1. The janitor says the team's problems are not skill or size. What are they, then?
2. What question does the janitor ask his team?
3. The janitor says "everything is built on relationships." Do you agree? Explain...
4. What does Matthew ask the janitor for the next morning?
5. What is Matthews message to his teammates in their meeting?

CHAPTERS 7 AND 8

1. Why is Matthew embarrassed that night on the bus?
2. How is motivation like a shower?
3. What does the janitor say "create your reality?"
4. What finger is used to represent "SAY IT? Why?
5. What must be replaced to make progress?
6. What is surprising about Coach Carpenter's practice plans? Why?
7. What is the difference between teammates and ten million dollars?
8. Why are the players given note cards?
9. What is the team's homework assignment?

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CHAPTERS 9 AND 10

1. During the halftime talk, what do Paul and Tommy suggest? Why?
2. What is the most important part of Matthew's comments?
3. What sabotages the team's comeback attempt?
4. What surprising statement does the janitor make to Matthew Saturday morning?
5. How, according to the janitor, do you change the world?
6. What lesson does the middle finger represent?

CHAPTERS 11, 12 AND 13

1. What does Matthew decide to start doing?
2. Why, according to the janitor, do people not hold others accountable?
3. What happens at their Tuesday night game?
4. What does the janitor provide at Wednesday's practice? Why?
5. What happens Friday against Walker? Why?
6. What, according to the janitor, do strong teams focus on?
7. Instead of employees, what should leaders recruit?
8. What lesson does the ring finger represent?

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CHAPTERS 14 AND 15

1. What does Matthew wear to school the next day?
2. What does Matthew learn about Pete's situation?
3. What happens the morning after the win over Greene County?
4. What does the janitor say is "the most challenging test of your toughness?"
5. The morning after beating Stapleton, who is in the gym?
6. Why was Matthew hoping to see the janitor?

CHAPTERS 16, 17 AND 18

1. With Dudley back, what happens at the morning shoot-around?
2. What is different about Dudley's focus and comments?
3. On Monday, what does Matthew learn from Principal Meeks?
4. Why is Matthew concerned about Jacob's comments?
5. What happens at the Hamilton game? Why?
6. On Wednesday, who does the janitor say is the problem?
7. Where, according to the janitor, is the power of every church found?
8. What lesson does the pinky finger represent?
9. What do the letters in FIST stand for?

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CHAPTERS 19, 20 AND 21

1. Instead of “rowing harder,” what does Matthew accuse his teammates of?
2. What does he say big dreams require?
3. What does the team agree to do every day for the rest of the year? Why?
4. How is toughness illustrated?
5. What does Matthew learn from Tommy?
6. What makes the team’s Wednesday evening practice so sharp?
7. Who speaks to the team during the 4th quarter timeout? Why?
8. What behaviors lead to the Hebrews win over Roman Hills?

CHAPTERS 22, 23 AND 24

1. What does Matthew wish he had handled differently after that win?
2. Why does the janitor say they didn’t “get what they deserved?”
3. What does the janitor say is found at the top of every hill?
4. How does Matthew apply the lessons to his relationship with his dad?
5. What does Paul’s role become in adulthood?
6. What is ironic about how his message is received by some people?
7. What is the final lesson the season provides to Matthew and his team?

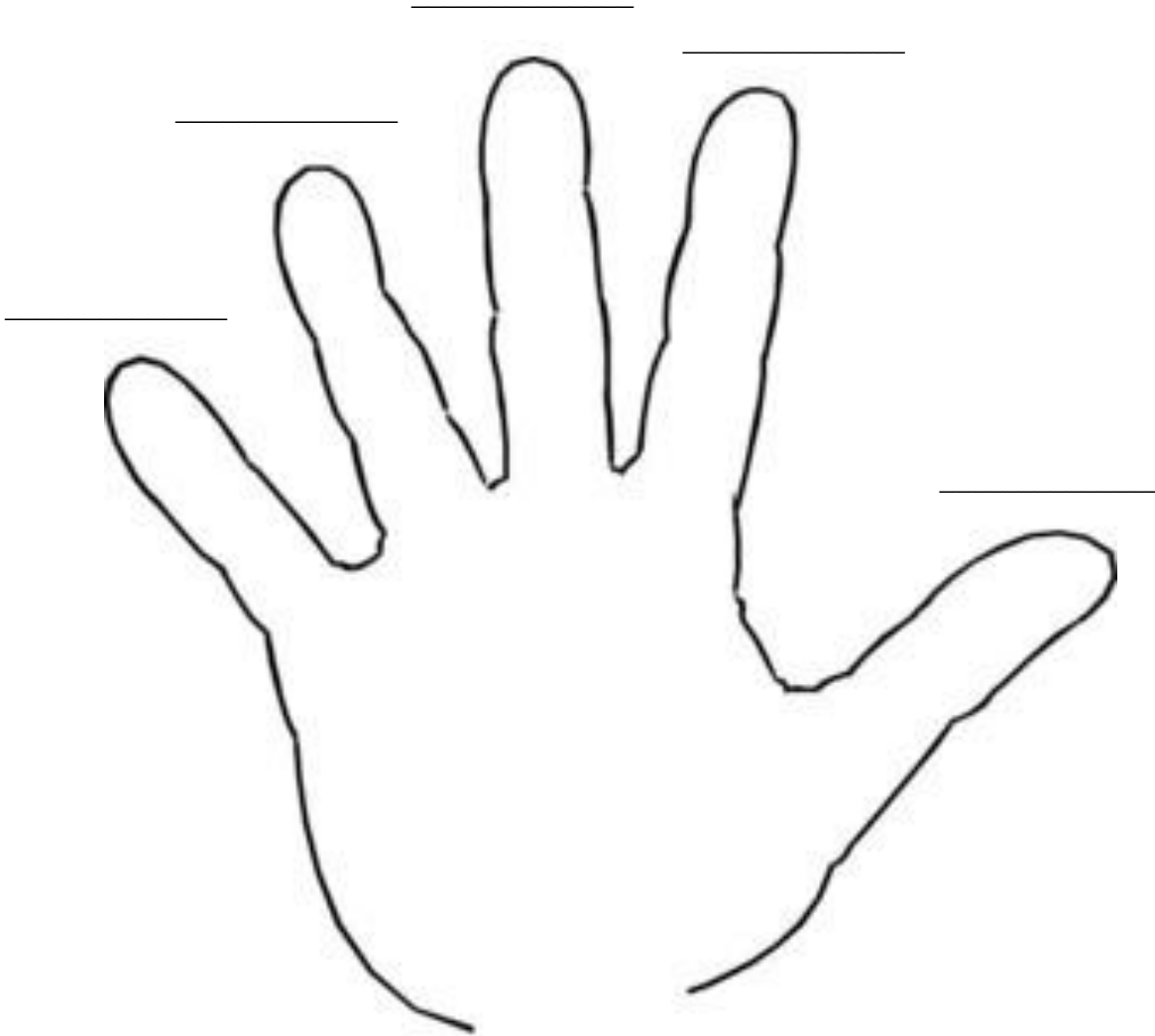
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LABEL THE HAND WITH THE LESSON EACH FINGER REPRESENTS...



1. WHICH OF THE FIVE LESSONS IS MOST IMPORTANT? WHY?
2. WHAT IS THE MOST IMPORTANT QUOTE FROM THE STORY? WHY?

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