



Turning Pages & Turning Keys



RAPV Reads

Book Club Discussion

OCTOBER MEETING: MONDAY, OCTOBER 26th, 2026 at 11:00am

RAPV (225 Park Ave, 4th Floor, West Springfield, MA 01089)

OCTOBER BOOK: *"A Minute to Think: Reclaim Creativity, Conquer Busyness, and Do Your Best Work"* by Juliet Funt

NOTES & TIPS this month:

- Don't forget about the book swap!
- 🍷 Feel free to bring snacks or comfort items! RAPV is your living room for the morning!

AGENDA: OCTOBER 26th, 2026

1. Welcome & Icebreaker Round (10 min)

2. Book Overview

3. Main Discussion

4. Reflection Round

5. Choose the Next Read (is it available for free on at least one platform?)

Schedule Next Meeting

RAPV READS: Book Club Discussion Guide

Book: *A Minute to Think: Reclaim Creativity, Conquer Busyness, and Do Your Best Work*

Author: Juliet Funt

Key Idea From the Book: Juliet Funt challenges the idea that being constantly busy means we're being productive. She encourages readers to create intentional “**white space**”—small periods of time without tasks, interruptions, or expectations—in order to think, reflect, solve problems creatively, and focus on meaningful work.

Discussion Questions

1. **The Busyness Trap** Funt challenges the idea that **busy=productive**. Do you agree? Does the real estate industry unintentionally reward agents for being constantly available rather than genuinely effective?
2. **“White Space”** What do you think about the concept of white space? (Intentional time to stop, think, and let your brain work without constant input.)
3. **The Addiction to “Yes”** Funt discusses how constantly saying yes can contribute to overwhelming workloads. Why is it so difficult to say no? Where is the line between **excellent service** and **unhealthy availability**?
4. **Distractions** What’s the biggest interruption to your productivity: email, phone, social media, clients, or something else? Has technology made you more productive or simply more available?
5. **Doing Your Best Work** What conditions help you do your best work? Are you spending enough time on the things that actually move your business forward?



When was the last time you gave yourself time to think about your business instead of simply working in your business?

Reflection

What is ONE thing you’re going to do differently because you read *A Minute to Think*?