

Discussion Questions and Journaling Prompts

Who Moved My Cheese by Spencer Johnson, MD

1. What is your real-life cheese, and how has it moved?
2. How can you be like all the characters?
3. Which character are you most like when your cheese is moved?
4. Which character are you most like when your cheese gets old and unfulfilling?
5. "It wasn't long before Hem and Haw regarded the cheese they found at Cheese Station C as their cheese" (page 29). What does this sentence mean to you? Have you ever thought of something as yours that might not have been?
6. How can you determine if your cheese is old and stale? If it is old and stale, what are some things you could do to freshen it up?
7. Hem hems himself in by blaming others, as in someone did this to him. When have you reacted in this way? Was it an actual attack against you? Sometimes it is, and it is important to acknowledge that. If it wasn't, could you react differently? What would that reaction look like?
8. Haw avoids the problem altogether at first. What causes him to change? How have you responded similarly?
9. When you are like Haw and take some time to make the change, do you feel good about moving forward? Do you wish you had started sooner?
10. "I'm getting too old for that," Hem said. "And I'm afraid I'm not interested in getting lost and making a fool of myself. Are you?" With that, Haw's fear of failing returned and his hope of finding New Cheese faded." How do external factors impact your decision-making?
11. Does fear of failing stop you from doing something? Why are you afraid to fail? What is the worst that could happen?
12. What does success look like to you? Does anything about this picture cause you fear? How could you mitigate the fear?
13. Haw has a habit of writing notes on the wall. What do these notes mean to you?
14. Which one resonates with you the most when you read the "Handwriting on the Wall" (74)?