

If you collected five of the people closest to you and asked them to describe you in 2 – 3 words, what adjectives would you hear?

What about your relationships with them leads to these being the adjectives they would use to describe you?

“If you’re the smartest person in the room, you’re in the wrong room.” -

# Marissa Meyer

Who are 2 – 3 people that you want in YOUR room? Why do you want these people in the room with you? What about these people challenge and inspire you?

When you think about others who want YOU in THEIR room, who do you envision? When you think about the people you want to influence and inspire, who comes to mind?

Talk about a time where you said “NO”  
to an opportunity and that “no”  
EMPOWERED you.

In what way was it empowering?

Was there something positive in your life  
that came as a result of saying no? If  
there was – talk about it.

“Get good at being happy where you are,  
because that’s the only place you’re ever

going to be.” – Ben Rector

In what ways are you postponing joy because you're waiting for something else in life? What is it that you're waiting for, thinking that only in that season will you be “happy”?

If you're going through a difficult season, what would help you to incorporate joyful moments in your life right now?

What is something that you

are sad about having ended  
or lost?

What is something that  
helped you to cope with that  
loss?