



EPISODE 8: WHAT I WOULD SAY TO MY YOUNGER SELF

Group Questions

1. WHAT ADVICE WOULD YOU GIVE TO YOUNGER SELF OR TO YOURSELF RIGHT NOW?
2. HOW CAN YOU INCORPORATE ONE THING TALKED ABOUT IN THE PODCAST INTO YOUR LIFE?
3. WHO ARE THE PEOPLE THAT SPEAK WISDOM AND TRUTH INTO YOUR LIFE?

Journal Questions

1. HOW CAN I GROW IN SELF AWARENESS?
2. WHERE DO I OFTEN FIND MY IDENTITY OTHER THAN GOD? (WORK? ATTENTION FROM OTHERS? VOCATION? LABELS?)

Quote to Ponder

"BE WHO GOD MEANT YOU TO BE AND YOU WILL SET THE WORLD ON FIRE" - ST. CATHERINE OF SIENNA