

RESILIENT WOMEN: SURVIVING & THRIVING IN THE MESSY MIDDLE

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Q: WHAT IS YOUR CURRENT "MESSY MIDDLE?"

RESILIENCE IS...

Q: WHEN IN YOUR PAST OR PRESENT HAVE YOU BEEN RESILIENT? WRITE ABOUT THAT TIME IN YOUR LIFE.

RESILIENT WOMEN...

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WHAT DOES IT MEAN TO "SHOW UP?"

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Q: HOW CAN YOU SHOW UP FOR YOURSELF THIS WEEK?

OPTIMISM IS...

THINK ABOUT THE A CRISIS OR CHALLENGE YOU ARE CURRENTLY FACING OR ONE THAT YOU HAVE PREVIOUSLY FACED.

Q: DOES IT IMPACT EVERY AREA OF YOUR LIFE? WHICH PARTS OF YOUR LIFE DOES IT NOT AFFECT?

Q: IS IT (OR WAS IT) PERMANENT? EVEN IF IT WAS/IS PERMANENT, CAN YOU ENVISION A TIME WHEN YOUR FEELINGS ABOUT IT CHANGE?

NURTURE CONNECTIONS

Q: WHERE/ WHEN HAVE I FELT THE NEED TO "FIT IN?"

Q: WHERE, OR WITH WHOM, DO I FEEL THE GREATEST SENSE OF BELONGING?

TRUE BELONGING REQUIRES US TO...

- 1.
- 2.
- 3.
- 4.