



SARAH SHERWOOD

Guiding you to live courageously and experience a meaningful life

“There are far better things ahead than any we leave behind.” CS Lewis

WEEK 1 EXERCISE: INTRODUCTION

This week we will celebrate new beginnings by connecting with one another and orienting to the process:

If you aren't yet connected to the Facebook Group:

Look for an invitation via email or through Facebook and/or follow the instructions on the FAQ page on the membership site to connect with the members-only private Facebook Group.

On our Facebook Group:

Share an introduction: a little about yourself, what brought you here and what you hope to get out of the program.

Share anything else you need to feel safe in this group that wasn't mentioned in the video.

Exercise:

Take a few minutes to write the answers to these questions:

What's the one thing that you need to let go of so you can step fully into this process of transformation?

What's the one thing you need to give yourself permission to be/not be, do/not do so you can step fully into this process of transformation?

Here's to new beginnings!