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If there's one  
thing I've learned  
in life, it's the  
power of using  
your own voice.

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Write about a time when you spoke your truth to others. How did it make you feel? What did you learn?

I have a habit that has sustained me for life: keeping a close and high-spirited council of girlfriends—a safe harbor of female wisdom.

1

List three people who contribute to your circle of strength. Next to each person's name, describe why he or she is so dependable.

2

3

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Write about a specific experience when someone dislodged a dream of yours by trying to lower your expectations. How did it make you feel? How did you try to overcome that obstacle?

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List five ways that person was wrong.

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4

5

So many of us go through life with our stories hidden, feeling ashamed or afraid when our whole truth doesn't live up to some established ideal . . .

That is, until someone dares to start telling that story differently.

DATE / /

Describe someone you know who was brave enough to tell their story. How did it change your perception of them? How did it change your perception of yourself?

BECOMING