



Handout 6.1

MY 20 DREAMS IN MOTION

1.

11.

2.

12.

3.

13.

4.

14.

5.

15.

6.

16.

7.

17.

8.

18.

9.

19.

10.

20.



Handout 6.2

WISDOM BLAST



This is a process designed to access the group's collective wisdom. It is a brainstorming session, and any idea is worth listening to. Sometimes the best ideas come out of left field! Each woman has the option to bring an issue, challenge, or dilemma before the group. For three minutes, the group generates as many ideas as possible to help address the issue. This is the only time when giving advice is encouraged.

The role of the group is to stay focused, with the intention of providing solutions to the problem described. The role of the recipient is to listen, without comment or judgments. Just stay present, focused, and open to receiving the wisdom from the group.

The recipient's Growth Buddy will capture all ideas generated by the group. Before the next session, look over this list and choose what you believe to be the best solution. Try out the solution and report back to the group during the next Check-In.

Handout 6.3

CAPTURING WHAT MATTERS MOST TO ME

What was most valuable to me in this session?



How did the Wisdom Blast assist me in this session?



How am I feeling in this moment?



Handout 6.4
MY COMMITMENTS



The future belongs to those who believe in the
beauty of their dreams.

□ ELEANOR ROOSEVELT

Today's Date _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Session Accelerator 7.1

MY UNDERLYING BELIEFS



Underlying beliefs, if left unexamined, have the ability to influence our choices and keep us stuck in the past. In order to be our best selves and move our dreams into reality, we need to bring our beliefs into the open and examine them as if they were brand new.

This Session Accelerator will take about 30 minutes. As you write your response to each statement, be quick and write the first thought that comes to mind. Don't censor yourself or second-guess your thoughts. Whatever you write is absolutely perfect. You will be sharing this Session Accelerator with a partner during The Mythology of Me session.

Write your first response to the following:

When it comes to

Decision-making, I

Being visionary, or being able to create the future, I

Challenging others' thinking, I

Listening, I

Being rigorous, I

Being able to objectively see multiple perspectives at once, I

Using my intuition, I

Prioritizing and keeping things on track, I

When it comes to

Communicating, I

Resolving conflicts, I

Building trust and loyalty, I

Being in conflict, I

Keeping my word, I

People having messy personal lives, I

Control, I

Acknowledging or recognizing others, I

Being acknowledged, I

Change, I

Working in partnership, I

Something I'm afraid to say or do, I

Making mistakes, I

Being courageous when talking about things that
are difficult to talk about, I

When it comes to

Being challenged by others, I

Others correcting me, I

Getting my needs met, I

Being intimate, I

Holding others accountable, I

Being a bearer of bad news, I

Expressing myself fully, I

Being authentic, I

Being angry, I

Being sad, I

Being lonely, I

Being supported by others, I

Forgiving and letting go, I

Playing and being joyful, I

