



## Handout 8.1

### CAPTURING WHAT MATTERS MOST TO ME

What was most valuable to me in this session?

How does it feel to spend time on creating my own unique brand?

What do I like most about the brand that I've created?



**Handout 8.2**  
MY COMMITMENTS



How we spend our days is, of course,  
how we spend our lives.

□ ANNIE DILLARD

Today's Date \_\_\_\_\_

Commitment \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date completed \_\_\_\_\_

Commitment \_\_\_\_\_  
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Date completed \_\_\_\_\_

Commitment \_\_\_\_\_  
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Date completed \_\_\_\_\_

## Session Accelerator 9.1

### STUCK SITUATION



As much as I want to be happy, feel good, and make my dreams come true, every now and then an obstacle shows up and slows me down. And sometimes the obstacle seems impossible to overcome. Just thinking about it can create anxiousness and tightness in my body. By now you've probably experienced how much wisdom is available to you and others in your Women Connected group. During the next session, Breaking Through Obstacles, you'll be introduced to a new approach for tackling the obstacles in your life so you can act on the wisdom available to you. There will be several opportunities in the session to learn from one another's experiences and to access the wisdom available in the group.

*Think about two situations where you currently feel the most stuck. These might be situations in your life where an obstacle exists and you've been unable to move through it. Select situations in which, if the obstacles were removed, your life would work better. You may even know what needs to be done, and still you can't get unstuck. Briefly describe the situation, and write what you have done up to now.*

**EXAMPLE:** Jane's 15-year-old son is a slob. He leaves his stuff everywhere, and thinks nothing of leaving dirty dishes and half-eaten meals wherever he took his last bite. She's tried everything she can think of to correct this problem. His room is a disaster, and she is tired of the on-going battle to get him to clean up his messes. Jane doesn't know what to do to fix the problem, and she feels stuck.

**ANOTHER EXAMPLE:** Last year I decided that I wanted to take a yoga class twice a week. I felt that the deep breathing exercises and stretching would be good for my health and fitness. I signed up for the class, purchased a special value packet of 10 sessions, and after two classes I didn't return. Something always came up in my schedule that took priority. I want to go to yoga and I don't make the time. I'm stuck.