



Finding Meaning in Challenge

Objectives

Life stops us, and the tracks get changed.
However we can use this opportunity to see
what we can gain from it, realign our path
to make it precise for us

Pause

Close your eyes and take a deep breath.
Listen to your favorite music. Think about
the current situation, where were you
before it started and where are you now?
When ready open your eyes and continue.

Expanding

Now we're ready. Let's go! Choose 3 cards,
face up or face down, and place them on
the chart. Answer each question in relation
to the photo and text on each card.

Focus and action

Write down your insights, observations and
1 actions- What small step am I willing to
take now?

[2] What might become possible if I truly face this?

My Card:

[1] What is this challenge awakening in me?

My Card:

[3] What is the hidden gift I can reclaim from this experience?

My Card:
