

SESSION 5 - THE STORYTELLER

THE KEY TO GROWTH FROM CHALLENGING EXPERIENCES

*Ask yourself the following questions and find ways to put into practice what you learn.
Let your growth flourish.*

How has this experience given me a greater understanding of life and how to live it?

How have my relationships with the people I love have become stronger and more intimate?

What have I learned about myself?

What new opportunities and different perspective on life have I gained in the result of my experience?

What strengths within myself I didn't know I had had helped me the most?

How can I be grateful for this experience?
