



5/2/21 – Week 4 – NOT MY MONKEY, NOT MY CIRCUS

Share a time when you were able to walk away from a situation or a person and it made all the difference in the world.

What are the “non-negotiables” in your life? Where is the proverbial line in the sand that you will not cross?

What is one authentic action you can take today that will reduce the amount of drama in your life?

Share a time when you realized YOU were the “monkey” and the “ring master of the circus” because you were operating from an old pattern or wound. How did you step away from the old version of yourself and realize the new one?