

# LESSON 14

## STRATEGIST GUIDE QUESTIONS

THE WOMAN SCHOOL

### LESSON 14

## MANAGING MY CRITICS

### QUESTIONS TO GUIDE THE CONVERSATION

1. What triggers your stress? Describe how you manage stress. Is it helpful or harmful?
2. What particular skill can you learn and unlearn to manage stress in your current situation?
3. Is your body getting impacted by stress? Describe how your body responds to stress.
4. How do your thoughts affect your emotional and physical health? Describe.
5. Are you spiritually growing in your relationship with God or has it become stagnant? Describe how?
6. How can you continue to develop your mental, emotional, and physical health that would allow you to be fully present for the graces of the moment?
7. How do your critics affect your mental state? How are you developing your resilience against critics?
8. Describe how you manage failure in your life. Is it with humility or pride?
9. Describe your daily routine. How is your routine creating space for beauty, order, and harmony?
10. What skill can you develop to protect your peace of mind? How do you plan on developing this skill?