



Find Your Person

NAVIGATING YOUR SEASON CHANGE WITH
PURPOSE & PANACHE



#AndNowWhat





Overview of the 5 Ps

NAVIGATING YOUR SEASON CHANGE WITH PURPOSE & PANACHE

1The 5 Ps of navigating your season change with purpose and panache

1. First, you need a _____ or a _____,

2. Second, you need a _____ to make your _____,
clear _____, and build _____ and _____

3. Third, you need a _____ something that provides you an _____
_____.

4. Fourth, you need a _____ or _____. What have you been
_____ to _____?

5. Fifth, but most important, you need a _____ other than your _____, a
_____ of the same _____,

6. Why 5 Ps? Because not all of the will _____.

Let's get started on Find Your Person!



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1. _____ is the antidote to _____.
2. When girls _____, we release _____.
3. A _____ is like a _____ for older women. An _____ friend is a _____ for how _____ is done well.
4. I can't _____ a friend if I am not _____ to BE friend.
5. According to friendship expert, Shasta Nelson: All friendships start with a _____ of _____.
6. Frientimacy = intimacy in friendship: is achieved when both people _____ in a _____ way.
7. Consistency means we to make a _____.
8. Vulnerability is when we agree to share _____ as is appropriate with our _____.





Find Your Person

RESOURCES:

Shasta Nelson: Friendships Don't Just Happen: The Guide to Creating a Meaningful Circle of Girlfriends



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