

## LESSON 17

## STRATEGIST GUIDE QUESTIONS

THE WOMAN SCHOOL

## LESSON 17

## SELF, FRIENDSHIP AND MOTHERHOOD

## QUESTIONS TO GUIDE THE CONVERSATION

1. How would you describe the way you speak to yourself? How is your self-talk impacting your self-image?
2. Do you treat yourself with honor and respect? Describe how you treat yourself.
3. Do you suffer from shame and guilt or are you quick to forgive yourself and learn from your mistakes? Explain how you forgive yourself.
4. What are some damaging labels that you have inherited from your family of origin?  
What concrete action step(s) can you take to replace these labels?
5. Do you allow yourself to be vulnerable, meaning to let people in your life without pretending to be someone else? What fear is holding you back from revealing your true self?
6. Do you have friendships that are intentional about dreaming and growing themselves in order to fulfill their God-given purpose? If Yes...How are these friendships helping you?  
If No...How can you begin to find friends that dream and grow together?
7. Do you attach your value to your results as a mother? Explain the impact this is having on your peace of mind? Where did this attachment come from?
8. Given what you know now from the Masterclass, do you think you were sufficiently prepared to be a mother? Describe how you were prepared to be a mother and the impact it has in your family now. If you are single, given what you know describe how you are intentionally preparing yourself to be a Mother someday?
9. Are you willing to grow in both your mindset and skills in order to protect your children from the vicious cycle of stress and anxiety? What skills do you need in order to learn to create harmony in your home?
10. How can you proactively replace the “depletion” narratives for mothers? What can you do to help the mothers around you regain the resilience they need to care for their family and themselves?