

# LESSON 12

## STRATEGIST GUIDE QUESTIONS

THE WOMAN SCHOOL

### LESSON 12

## MIND MANAGEMENT

### QUESTIONS TO GUIDE THE CONVERSATION

1. Does your presence open or shut doors of opportunities for you? Why?
2. Are the words you use harmful or helpful to the lives around you?
3. What negative memory do you carry that no longer serves you? What did you learn from that experience?
4. Do you allow yourself to be a victim of your emotions? How? What can you do to command your emotion?
5. How are your thoughts influenced (positive or negative) by the people and information you are absorbing?
6. Do/Have you struggle(d) with ruminating other people's opinion of you? How has it affected the quality of your life?
7. What belief do you currently have about who you are that needs to be replaced? Why?
8. Which arena of your life has been impacted by a negative belief or narrative that has wounded you, or the people you love the most.
9. How can you change the quality of your life through your thoughts? Pick one simple habit you can replace?
10. A peaceful woman's presence can heal a troubled soul. How are you intentionally contributing to the souls around you?