

Sole Lifters

Wk 1	What was your first impression of the energy of this group when you arrived today?
Wk 2	Who in this group has a "spirit" or a "vibe" that makes you feel more motivated when you're near them?
Wk 3	Think about the first day of the season. Who have you noticed showing up with a great attitude every single week?
Wk 4	When the pace gets a little harder or the weather isn't great, whose resilience do you find most inspiring?
Wk 5	What is a quality you see in the women here today that you wish you saw more of in the world outside of this group?
Wk 6	Who here has a way of listening or responding that makes you feel truly heard and welcomed?
Wk 7	Whose consistency or "showing up for herself" has pushed you to keep showing up for yourself?
Wk 8	If you had to describe the "superpower" of the woman walking or running next to you, what would it be?
Wk 9	Who has given you a piece of advice or an encouraging word this season that really stuck with you?
Wk 10	What is a strength you see in the woman next to you that you suspect she might not even realize she has?
Wk 11	How has the woman to your left made you feel like you belong here?
Wk 12	Who in this group makes you feel like you can do more than you originally thought you were capable of?
Wk 13	What is the one word you would use to describe the woman next to you to someone who has never met her?