

# *Sole Sisters Chaining Plan*

Wk 1	What is your favorite way to spend a free afternoon?
Wk 2	What is the best piece of advice you've ever received?
Wk 3	What is one thing you're looking forward to this week?
Wk 4	What is a book, movie, or piece of art that has impacted you?
Wk 5	What is a cause or issue you feel passionate about?
Wk 6	What's a skill you would love to learn or improve?
Wk 7	Where is a place you've traveled to and will never forget?
Wk 8	What is a challenge you have overcome and are proud of?
Wk 9	What is something in your life you are grateful for?
Wk 10	What is a quality you admire in other people?
Wk 11	What have you learned about yourself during training?
Wk 12	What's a dream you have for the future?
Wk 13	13.1 Race Day!