



REFLECTIONS FOR THE RESCUE

REFLECT:

Are you comfortable owning your story? Why or why not?

Is your life measuring up to your expectations? Why or why not?

In what ways have you been hurt or disappointed? Have you healed from those hurts and disappointments? Why or why not?

RESPOND:

Take time to heal. As you continue to read, own your story. Over the next seven days, spend a few minutes each day writing down defining moments in your life's story.

CHAPTER 3: GET OUT OF THE MIDDLE OF THE ROAD ACTION PLAN