



## REFLECTIONS FOR THE RESCUE

### CHAPTER 9: GAIN PERSPECTIVE ACTION PLAN

#### RESPOND:

Take some time to think about - and even document - the God-given gifts inside of you.

Ask friends or family members to tell you what they see in you . Often other people who know us can see things in us we don't see in ourselves.

#### REFLECT:

What parts of yourself have you forgotten, walked away from, dismissed, or devalued?

Are you acting on the gifts abilities, interests, and nature you are aware of? Why or why not?

Why do you think we tend to avoid making time to look at our lives? Why is it important to do so?