



REVIEWING YOUR FEEDBACK

SO...how was it? Was it super uncomfortable? Did you hear things that you secretly kind of already knew about yourself? Did any of it sting? (Note: If you got ZERO “negative” feedback, your feedback is that the person you interviewed doesn’t feel safe enough to be honest and open with you.) Feedback can either be a reason for you to get upset and feel beat down, OR it can be your fuel to stepping into the best version of yourself. Bottom line, if it stung– there’s something there for you. If something was said that wasn’t true, it would have no effect on you, because you KNOW it’s not true. So let’s find the “AHA!” moments in the “AHHHHH CRAP!” moments.

What did you hear that felt most uncomfortable for you; what was the “thing” that stung a bit?

If you’re fully honest with yourself, how often does that “thing” show up in your life?

Who else in your life would feel the same way about this particular “thing” about you?

Everything we do in life comes from either FEAR or from LOVE. Where does this “thing” come from?

****If there were multiple “things” that stung, or are sitting uncomfortably with you, repeat this process until you’ve gone through all of them.**

REFLECTION QUESTIONS: WEEK TWO

If you want, you can send all answers to bridgemethod@gmail.com
with subject: ACCOUNTABILITY WEEK TWO.

1. What's coming up for me?
2. What discoveries did I make?
3. How do I feel about where I stand?
4. What am I most afraid of?
5. What am I most excited about?
6. What am I committing to for next week?

BONUS:

1. Most of us have been programmed to get THROUGH the day. But, this week, choose ONE day to ask yourself: "What can I get FROM the day?" (examples: what smells can you soak in, what sights, what colors can you get lost in, what new ways can you view old things, what can I be emotionally moved by?)
2. Ponder this question over the next couple of days: WHAT DO I DESERVE??