

DISCUSSION QUESTIONS

PARVATI SHALLOW

How to Thrive in the Face of Uncertainty

- Just because we have always been a certain way, doesn't mean we always have to be that way. You can create yourself starting now. Who do you want to be? Who do you know that can help hold you accountable for becoming this greater version of yourself? How can you support others in becoming their greatest selves?
- Our inner voice can be heard most clearly in times of stillness and deep relaxation. During what times and activities do you hear your intuition speaking the loudest to you? Are you able to distinguish between your own intuition and the voice of your ego that wants to please others? How do you tell the difference?
- What would you do if you knew you could not fail?
- What is one simple thing you could begin now to help you build more confidence and self-reliance?

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