

E012 The Strength of Starting Over — Discussion Questions

E012 Discussion Questions

Episode: E012 — The Strength of Starting Over

For: Tea Sippers community, group study, workshop use

Opening Questions

1. Have you ever started over? What did it actually feel like (not the highlight reel, the real version)?
2. What's the difference between confidence and courage? Which one got you through your hardest decisions?

Core Discussion

3. Karen says "staying became harder than leaving." Have you experienced a moment where the discomfort of staying exceeded the fear of going?
4. "Dreams don't pay the mortgage on the first day." How do you hold both practical fear and deep purpose at the same time?
5. Karen found Old Man Winter when she was looking for something else entirely. Who has appeared in your life unexpectedly because you had the courage to knock on a door?
6. "It's amazing how uncomfortable some people become when you choose to believe in yourself." Have you experienced pushback when you chose to bet on yourself?

Deeper Reflection

7. Is there something in your life right now that no longer aligns with who you're becoming? Can you name it without having to solve it today?
8. If you could send a two-word message to someone who doubted you, what would it say?

Closing

9. What's one door you've been afraid to knock on?
 10. What would "still here" look like for you in five years?
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Airtable Table: Assets

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