



Around Your Table

Monthly Discussion Questions for Your Community;
Coinciding with E^3 Podcast Leadership Episodes

E^3 Podcast - Leadership Episode: "Rediscovering Health & Routine After Disruptions" w/ Ashley Darkenwald

- Have you taken time to grieve what was--or what our bodies aren't doing--so that you can move forward in your health and wellness journey? If not, what is holding you back?
- Life's disruptions are opportunities to choose health. What has worked in your wellness journey, or what needs to be modified going forward?
- What do you need to change in your day-to-day schedule to allow more time, grace, and space to breathe, instead of being consumed by thoughts of what you "should" be doing?
- What does it mean to steward the gift of our bodies, rather than living in a legalistic mindset about wellness?
- How can you honor your body by practicing positive self-talk? If you wouldn't say it to a parent, child, or loved one, you should not be saying it to yourself. (Example: instead of saying "I have flabby arms," you could say "I have arms that can hold my children.")
- What does your ideal day look like from the time you wake up to the time you go to sleep? How do you envision your perfect healthy self? What steps can you take today to help you more effectively and efficiently fulfill your current or future calling?