



# Around Your Table

Monthly Discussion Questions for Your Community;  
Coinciding with Bridging the Gap Podcast Episodes

## **Bridging the Gap Podcast Episode: "Set Your Year Up for Success" w/ Tabatha Perry**

- Discuss the difference between setting goals that we feel we *should* do versus those that excite our hearts and souls. How can these difference influence goal-sustainability, how we face setbacks or difficulties, and ultimately our chance of success?
- Tabatha talked about how “shiny squirrels” can tempt us to become distracted. Have you identified the “shiny squirrels” that habitually pester you? What are you doing to be prepared for their appearance?
- How are you doing with re-evaluating your goals and the processes in place to achieve them?
- Do you find it easy or difficult to give yourself grace when goals are not met? Why do you think that is?
- What simple, bite-sized goal do you have right now?