

THAT WAS THE ROAD

A 15-Minute Reflection on the Hard Things That Shaped You

Some seasons are difficult without being meaningless. This exercise is not about pretending pain is good. It is about looking at your own evidence: the roads you have already traveled, what they required of you, and what they may have cultivated along the way.

ROAD 1	ROAD 2	ROAD 3
What did I accomplish, build, overcome, or endure?	What did I accomplish, build, overcome, or endure?	What did I accomplish, build, overcome, or endure?
What made it difficult?	What made it difficult?	What made it difficult?
What did it cultivate in me?	What did it cultivate in me?	What did it cultivate in me?
What part of that road do I value now?	What part of that road do I value now?	What part of that road do I value now?

THE ROAD I'M ON NOW

What am I currently trying to "get through"?

What narrative am I telling myself about this season?

What might this road be asking of me - or cultivating in me?

What would it look like to walk this road in a way that reflects what matters most to me?

Maybe it was a hard road. But also... a good one.