



Chapter 6

THE OBSTACLE

1.

What obstacles are you facing right now – big and small?

2.

What can you learn from these obstacles?

What do they have to show you?

3.

What is something you feel you have no choice about in your life?

What is your attitude about this? Can you see how your attitude is a choice?

What other choices might exist, even if you feel you can't choose them?

4.

How could you deal with your obstacles while also nourishing your soul?

How could self care and gentleness be your ally in facing your obstacles?