



Inspiration, Strategies & Support with Debbie and Friends

Women on Fire Aspiration:

“I strive daily to hear the voice of my inner teacher.”

Step 1: Are you struggling with a difficult challenge or heartbreak? Consider the possibility of a clearness committee with your most trusted friends as you work to integrate your inner and outer lives. You can learn the framework and details of the process from Parker Palmer’s book *A Hidden Wholeness*.

Step 2: Graceful aging is a goal of the well-lived life. It can also be a battle as you must marshal your time and energy. Parker suggests that instead of asking “What do I want to hang on to?” ask “What do I want to give myself to?” Meditate on that. What do you see?



Your Private
COACHING SESSION

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Step 3: Parker talks about “birthright gifts,” those qualities that helped us thrive and grow as children. Often, we allow them to fall out of use as we move into adulthood. If possible, ask older relatives if they remember such strengths from your youth. Try to recall and reinforce these gifts in your children and younger relatives.

Step 4: Did the pandemic remind you of your own high-risk status? How can you use that to arouse greater compassion with others? Lean into the knowledge that we are all in this together.
