

THE POWER OF GETTING TO KNOW YOURSELF

FEATURING GENO AURIEMMA AND JIM LOEHR

LISTENING GUIDE:

- 1 • What makes you, you?
- 2 • What's the biggest baggage you bring into your family relationships? Where did that come from?
- 3 • What's the best lesson you've learned from grace? What taught you that?
- 4 • When have you felt the most judged in your life? Why?
- 5 • Which person in your life had the strongest influence on the healthy/unhealthy ways that you talk to yourself?
- 6 • When were you exposed to something at an early age that was unhealthy for your development? How did that impact you?
- 7 • What's the best lesson you've learned from shame? When did you learn that?
- 8 • What were some of the most influential life events that shaped your mother's life? How do you think this affected how she raised you?
- 9 • What is the biggest tension point with your family currently? How do you think about that?
- 10 • What internal conflict have you not resolved fully? Why?
- 11 • Consider this thought: "There are two types of people. Ones, that know they don't know. And others, that don't know."