



BE VERDANT

SUPPLEMENTAL GUIDE

Episode 3: The Gooley Middle

5 Questions for Consideration

1. Marie shares her story of changing her expectation of what it means to be family and for her career goals. In looking back at your own experiences, are there any instances where your expectation was different from what happened?
2. Do you think these changes were for the good or did they disappoint you?
3. In this episode, Marie shares the insight about caterpillars becoming “goo” before they transform into butterflies. Thinking of a time of change for yourself, did you ever feel this way?
4. What are some tips you use for getting through this phase of the change journey?
5. We also discussed the concepts of looking at a situation from someone else’s perspective. Take a moment to think about a recent difficult interaction. How would you have handled it if you thought about it from the other person’s perspective?