

A GROWTH TOOL FROM **BLACK FEMALE** PROJECT



**This guide was created with you in mind.
Please make it your own!**

Schedule Attached:

Adjust the timeline, invite friends and colleagues, enjoy the journey

On Social Media:

Post weekly updates, go-live, or write in your journal about what you discover along the way.

Tag us **@BlackFemaleProject** to let us know about you and your journey of self-discovery.

To positively impact the wellness and professional experience of Black women, BlackFemaleProject affirms women who thrive at work and prepares younger women for the realities of the workplace.

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Schedule for BlackFemaleProject's 8-Weeks of Self-Discovery

At the start of each week, review the set of questions or exercises provided.

WEEK 1: WAYS OF EXPERIENCING

This week, live your moments. Pay attention to what you experience by way of your senses from day to day or moment to moment. Notice what you smell, taste, touch, hear, and see.

WEEK 2: WAYS OF FEELING

This week, ask yourself:

What makes me laugh?

What makes me cry?

What makes me take action?

WEEK 3: WAYS OF UNDERSTANDING

This week, consider the following:

When am I most authentically me?

When am I most fearless?

When, if ever, do I feel limitless?

WEEK 4: WAYS OF BEING

This week, notice your interactions and intentions:

Do I always want to win?

Do I always give in to others?

Can I become more healthfully balanced and intentional in my interactions?

WEEK 5: WAYS OF ROUTINE

This week, consider the following:

Am I existing or living?

What greater power do I trust and how does that trust manifest in a ritual?

Do I workout? Pray? Meditate? Sing? Dance?

Do my life's work? Care for children? Emanate joy?

WEEK 6: WAYS OF KNOWING

At the end of this week, ask yourself:
What did my intuition reveal this week?
How can I learn to trust intuition more?

WEEK 7: WAYS OF INSPIRATION

This week, ask yourself:
What is my favorite quote or song?
What do I feel when I read, hear, or sing it?

WEEK 8: WAYS OF GIVING BACK

This week, take a moment to consider:
How do I see myself in those who came before me?
How do I see myself in those coming behind me?
What do I want people to feel when they leave an interaction with me?

AWARENESS WEEK

Congratulations on taking time to discover more about YOU!
Now, let's discuss what you've learned about yourself.
Take some time and ask yourself the following 3 questions:
What have I become aware of over the past 8 weeks?
What has this new information taught me about myself?
In what ways is this new information helpful in my professional life?
In my personal life?

**Thank you for your interest in BlackFemaleProject
and for embarking on this journey.**