Reflect Writing Journal

As you read though our Farmer Perspective guides, view our Farmer to Farmer interview series, and watch the webinar, Growing Forward: Shaping and Sharing our Stories all found in our WFAN Reflect space-- please use the following writing prompts to help name key themes emerging for you, and to identify areas of both resonation and tension -- and breathe life into the strides of your path.

Questions to Consider

1.) How do you answer the question: “So, tell me a little bit about yourself?”
   a.) What images immediately come to mind?
   b.) Does your mental reply come from a space of love and support for self or from a lens of criticism or judgement?
   c.) If you want to change the feelings that surface when you are asked to share your story, how/what can you move to own your experiences as valid and good?

2.) When you read through our Farmer Perspective guides, are there approaches, words, or themes that you would like to adopt when sharing your story?
   a.) What, specifically, do you like?
   b.) Why?

3.) Choose three words that illustrate your favorite qualities.
   a.) Envision a business model based on those qualities
   b.) How would you nurture the continued growth of that business?
   c.) What do you need to nurture your favorite qualities in your own life and allow them to shine?

4.) What are some challenges that you are facing right now (personal, professional, family? 
   a.) Imagine stepping outside of yourself and viewing this challenge as an omnipresent observer.
   b.) Imagine that this challenge is hiding opportunities for growth, success, and amplified understanding.
   c.) Imagine uncloaking the challenge and seeing those hidden silver linings.
   d.) What do they look like?
   e.) How can you nurture these hidden spaces of growth and success?