IF:TABLE

- DOWNLOAD, PRINT, AND LAY OUT THE CARDS ON THE TABLE WITH THE QUESTIONS FACING UP.
- INVITE 4 WOMEN TO GRAB THEIR FAVORITE QUESTION.
- TAKE TURNS HAVING EACH WOMAN ASK THE QUESTION ON HER CARD. ALLOW TIME FOR EVERYONE AROUND THE TABLE TO SHARE OR RESPOND TO THE QUESTION.

Q.1

Has there ever been a time when someone else's "belief" or positivity strengthened you and carried you forward? Tell us about it.

IF:TABLE

Q.2

Is it hard for you to lean on others to carry you when you feel paralyzed? Why or why not?

IF:TABLE

Q.3

Give an example of a time in life when your friends carried you.



What would it look like for you to carry a friend this week?

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