

## **SERIES: ADDRESS THE MESS**

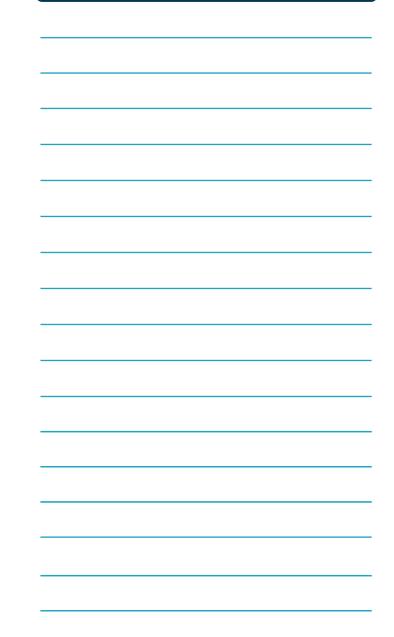
Episode 4: "Messy-er"

The messes in our lives can be, well . . . messy. And if we're not careful, they can become even messier. So, how do we make choices that lead us forward instead of backward?

## QUESTIONS

- O1 Have you ever made a messy situation messier? How so?
- When you're in a difficult situation and you're not sure what to do, how do you typically respond? (Retreat inwards? Reach out for help? Ignore it?)
- Discuss a time you witnessed
  someone make a difficult—but ultimately better—decision, even when there was an easier way around it.
- What's the hardest part about
  "taking the high road" instead of the path of revenge?
- Think about a decision in your life
  right now. Consider all the possible options. How could asking, "What story do I want to tell?" help you make a decision? Which options could lead to a story you *don't* want to tell later on?

## NOTES



## **BOTTOM LINE**

The real story isn't the messiness in your life—it's your response to it.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.