

THIS WEEK'S THEME // Coming In, Coming Out

REFLECT:

This week's Janie's Daughters theme is Coming in, Coming Out – coming into our authentic selves, and “coming out” (i.e. speaking our personal truths) to ourselves and to the people in our lives. What has this process looked like in your life?

TAKE ACTION:

In one way or another, all of the JDs are in the process of coming in/coming out in different areas of their lives, discovering or re-discovering who they are, how they came to be that person, and what that means for their future. Now it's your turn!

Your mission this week is to create a Personal History Map, a visual representation of your life up until this point with special emphasis places on events that have helped you “come into” the person you are today.

Note: Don't worry about creating a literal timeline. The most important thing is that your map is meaningful to you. Be creative. Use the questions below to guide your brainstorming.

1. If you could relive one moment in your life, good or bad, what would it be?
2. What is one event in your life where you had the courage to live/speak your authentic truth?
3. Who are three people who have contributed to you being the person you are today? When/how did you meet them?
4. To date, what has been your biggest: accomplishment, failure, heartache, regret, and revelation?

PART II

Part II of the Personal History Mapping process is dedicated to figuring out what role your past is still playing in your life today. (Yup, turns out pasts can be sneaky like that.)

Instructions: Next to each item on your personal history map, make a note of the following:

1. How did I feel when this happened?
2. What lessons did I learn?
3. How does this event still impact the way I think about myself, my life, and/or my relationships?

DISCUSS

Share your Personal History Map with the rest of us. Leave a comment on this page, post a Facebook status in the [Janie's Daughters private FB Group](#) using the hashtag #JDchallenge, or join the conversation currently happening on Twitter (also using the hashtag #JDchallenge):

- How did it feel to do this activity?
- Did you learn anything that surprised you?
- What are the top 2-3 things from your past that are positively or negatively impacting your life today?

Discuss your reflections with your accountability partner!
