

Questions for Reflection

E15: How My Dog Disrupted My Life In The Most Beautiful Way

#1: What in your life helps you fight the darkness?

#2: Have you ever considered getting a pet? What's holding you back?

#3: When you work specifically on structuring your life, do you notice a difference in your internal chatter?

#4: Do the responsibilities in your life cause you less stress, anxiety, and depression, or more? Why?

