

02. FINDING YOUR WHY

FINDING YOUR WHY: **REFLECTION**

This is a centering exercise. Parts of this process can feel frustrating—learning a new skill often is! When that happens, it’s helpful to have something concrete to look back on that helps top up your motivation tank.

Take some time and answer each question to discover more about your relationship with the material and how you want to approach it when you begin running your own Menopause Bootcamps.

1. What are the first three words that come to mind when you hear the word “menopause.”

2. Who is the first person in your life that you knew was going through menopause because they talked about it with you? What was that like?

3. What is your first memory of menopause? When did you first learn about it?

4. Is there a moment you can recall which changed your relationship with your body? What did that teach you?

5. What are the top three reasons you are compelled to host a **MENOPAUSE BOOTCAMP**?

6. What is it about hosting a Menopause Bootcamp that most excites you?

7. What about hosting a Menopause Bootcamp makes you the most nervous?

8. You're putting together your first Menopause Bootcamp group. What participants do you absolutely need to have there? (Friends, family, colleagues, clients.)

9. What is your community? Who are the people you want to do this for?

10. What are some of the specific concerns around menopause and aging that your community has?
