

**Reflect on these questions.**

**Q:** What do you think would have to happen for you to be much better a year from now?

**Q:** Do you believe you have what that takes? If not, do you think you know where to get it?



Write or draw or encode the secret that makes you sickest.

**Q:** What does it cost you emotionally, spiritually, and relationally to keep that secret?

**Q:** Can you afford to keep paying that price?

**Q:** What do you think it would cost you to let someone in on your secret?

- Which looks like the bigger price—keeping the secret or letting it go? Why?