

Make Sacrifice Worth It

Sacrifice involves loss. Before we can process it, we must put it into perspective.



What did you lose?

Of all the things lost, what mattered most?

What did you gain?

Despite the loss, how did this experience make you stronger?



What will you do differently?

How will your experience inform your choices going forward?



Homework Assignment

These questions are thought-starters to help you put into context the lessons of this past year-plus. Jot down your answers to these questions and others that may arise.

Share your answers with your friends and colleagues. Discuss your conclusions and invite debate. Doing so will enable you to frame the experience so that you can understand it better.