



AN INTERVIEW WITH SANDRA STANLEY DISCUSSION GUIDE

- 1) Do you leverage your gifts, talents, and words to empower the women around you, or do you hold back sometimes because you're too focused on your own progress?
- 2) Who can you empower this week and how can you do it?
- 3) Where are you apt to fall into the comparison trap (e.g., social media, work, ball field)? Why?
- 4) What are you comparing most often these days (e.g., body image, school decisions, staying at home)? Why?
- 5) Sandra discusses how the comparison trap can erode our relationships. Do you have an example of how comparison is eroding a relationship in your life (e.g., friend got engaged, co-worker got a promotion, sister bought a new house)?

TAKEAWAYS TO REMEMBER

Prioritize your time alone with God.

Become a cheerleader and celebrate someone else.

Ask the question, *What does love require of me?*