

Advantage



REFRESH & RECHARGE

A 2021 "give back" event from Advantage Performance Group featuring **Stephanie Meriaux** of TaskHuman on 01.08.21

Thank you for joining us!

We've prepared this takeaway resource so you can revisit your experience or create one for your family, team, or friends.

We wish you a **happy**, **healthy**, and **prosperous** 2021!

Peg Ruppert - Amy Kahn - Mary Steiner
Partners at Advantage Performance Group

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SUNLIGHT & SHADOWS



This exercise will help you begin to *expand your perspective* and look at the **pain** (the “shadows”) as well as **what's going right** (the “sunlight”). It is also a great way to create rich discussion and **psychological safety** within families, work teams, or other groups.

Your guide is Stephanie Meriaux, ACC, CPCC, a best-selling author, founder of the Relationship Bootcamp, certified coach, certified *Search Inside Yourself* teacher, and a mindfulness coach at [TaskHuman](#).



REFLECTIONS

Breakout questions from the session ...

Looking back over 2020, what is **one struggle** you had that got you down and one way in which you were **resilient**?

What is one thing you **learned** about yourself last year and one part of yourself you'd like **to develop** this year?

In business, what is one thing you'd like to **do less of** this year and what is one thing that is **now possible** that wasn't before?



So often as we go through life, we pay keen attention to our **pain points** (physical injuries, relational struggles, feelings of “not good enough” ...)

Pain is helpful and is there for a reason: it's your body's way of getting you to **pay attention** to whatever is amiss so you can tend to it and get it back to neutral or thriving. However, it's easy to get overwhelmed by the pain and to let it occupy most (*or all!!*) of your attention.

Practice the skill of noticing that pain and then **expanding your perspective outward** to include all the things that are also **going right** in your life.

This will help you to **balance your perspective** and become simultaneously aware of all there is to **celebrate** and be **grateful** for!



Have a bum knee?

Recognize all the parts of your body that are **working** as they should!

Struggling financially?

Look at how **successful** you are in **family**, **health**, or living on **purpose**!

Is a client at work creating issues for you?

Think back on the many clients you've had who have been **appreciative** of you.

This doesn't mean ignoring the pain or minimizing the importance of tending to it; rather, it is to gain **a healthier perspective** about life and the keep the pain from becoming all-consuming.



By encouraging an exploration of both the “**sunlight**” and the “**shadows**”, you normalize the range of human experience: *We all struggle, we all have doubts and fears, and we all mess up sometimes.*

It doesn't make you less of a person, less competent, or less worthy of love and belonging...it just makes you **human**!

We encourage you to regularly practice this for yourself, and also to build it into your routine with others. In my family at the dinner table, we share "Peaches & Pits" from our day. Others call them "Roses & Thorns." These can be event-based or go into more depth about life, as the "**Sunlight & Shadows**" activity does.



QUESTIONS

Here are some questions you can use to **explore** with your family and your teams. Be creative and think of your own as well!

When framing your questions, be sure to include **both** aspects of sunlight (**positive** sides) and shadows (**negative** sides).



SUNLIGHT & SHADOWS

Who did you most admire growing up? Why?

What are you most proud of about yourself?

What is a strength you have?

What wisdom have you gained from others?

Who did you not have respect for? Why?

In what ways do you feel “not good enough”?

What is a weakness?

What do you want to be sure not to repeat?



SUNLIGHT & SHADOWS

What do we do well as a team/family?

What have you mastered recently?

What are you most thankful for in life right now?

What touched your heart today?

What could we do better?

What would you like to improve?

What are you longing for?

What stressed you out?



SUNLIGHT & SHADOWS

What is going well in your life?

What is working about this project?

What do you want to be remembered for?

What do you hope to achieve in life?

What is not going well?

What is not working so well?

What do you hope will be forgotten?

What past dream did you have that is no longer possible?



SUNLIGHT & SHADOWS

What fills you up?

What challenges have you overcome?

What is your unique gift?

What do you appreciate about our team/family?

What depletes you?

What have you failed at?

What would you change about yourself if you could?

What would you change if you could?



SUNLIGHT & SHADOWS

In what way did you positively contribute to this project?

What is the best piece of advice you've received?

What is your favorite thing about your body?

What makes you feel alive?

What is one habit that serves you well?

What could you have done differently to help its success even more?

What do you wish you had known earlier?

What are you most embarrassed about?

What exhausts you the most?

What is one habit you'd like to change?



SUNLIGHT & SHADOWS

What is one thing you're passionate about in life?

What brings you fulfillment in life?

When do you feel most connected to your partner/team?

What is one thing you absolutely can't stand talking about?

What makes you angry?

When do you feel most disconnected?

Special thanks to Stephanie Meriaux
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Advantage Performance Group
We help organizations develop great people.