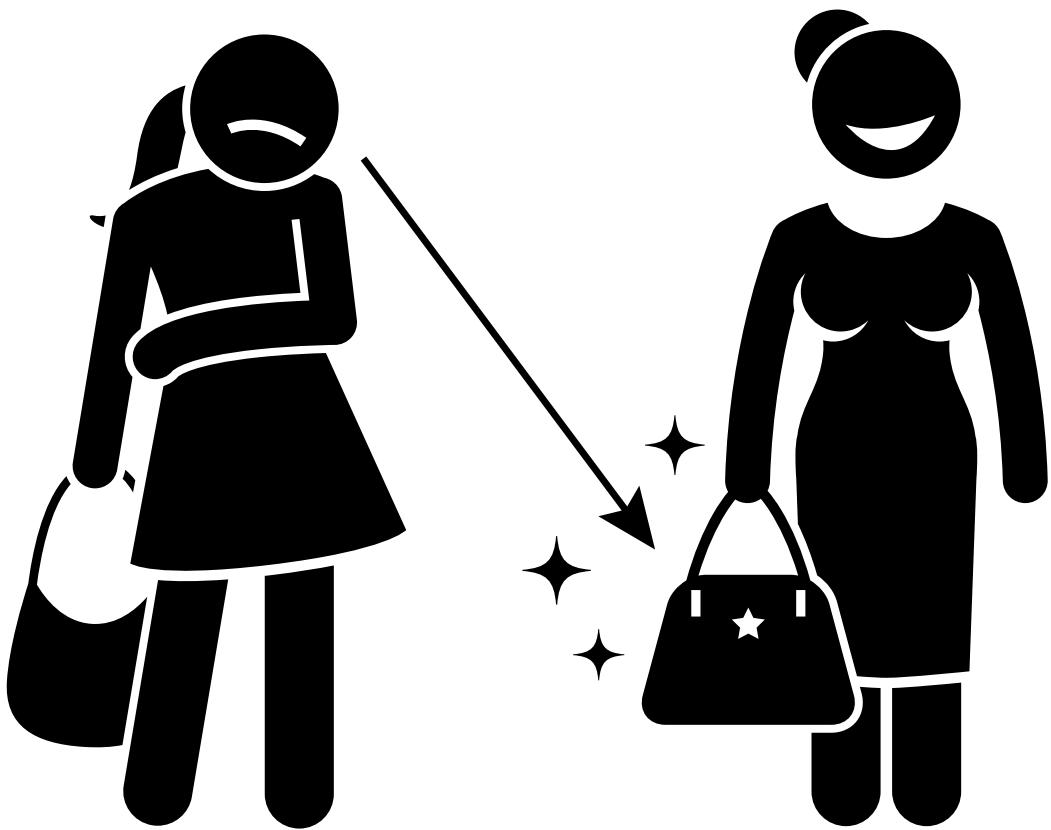


Turning Jealousy Into Legacy



Shannon Lee

When I see a younger woman shine, what feelings come up for me?

Where do those feelings really come from? Her actions, or my past experiences?

What lessons have I learned that could help the younger generation avoid my struggles?

How can I share this lesson without projecting bitterness or fear?

What unhealed experiences still make me feel small or overlooked?

What's one step I can take this week (prayer, journaling, therapy, honest conversation) to start releasing that pain?

How do I want to be remembered by the women who come after me?

What's one way I can actively lift up a younger woman, and family members this month?

To do List

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