

The Turquoise Table Podcast

with *Kristin Schell*

Discussion Guide
S2E8
Living with Contagious Courage with Jessica Honegger
November 13, 2019

Quote highlights from Jessica:

“It’s an invitation to walk through your fear into your impact and into your purpose. And, it starts with vulnerability.”

“Making community inescapable. Making courage inescapable has alleviated my loneliness.”

“Courage cornered me and what I thought was our demise was actually the beginning of our life’s purpose.”

Journal Prompts:

How has your community helped you in times of loneliness?

Do you find it hard to lean in to community when things aren’t going well?

Discussion

“While comfort may beckon us choosing courage will always be the route to impact.”

How could you use your Turquoise Table to bring people together for a greater impact?

Consider hosting a Noonday party or become an Ambassador. What would it look like personally and professionally to gather friends and neighbors to make a global impact as well as one right in your neighborhood?