

Lesson 6: It Is What It Is

1. How does my message about being right relate to you?
2. Do you ever say, "It is what it is"? Explain.
3. How does your *freedom* to choose your attitude influence your actions?
4. When have you felt unfairly treated, and what did you do about it?
5. How do you know when it is time to let go of something and move on?