

# A Woman and Her Hair

..... source unknown (adapted and modified by Amy Fox)

One morning a breast cancer patient, a woman in her 40's, woke up and looked in the mirror. On her head there were only three hairs. She had lost almost all her hair while undergoing chemotherapy treatments.

She said, "Well, I think today I will braid my three hairs."

So she did, she went to work and she had a lovely day.

The next morning, when she woke up and looked in the mirror, she saw that now on her head there were only two hairs.

She said, "Hmm, I think today I will part my hair down the middle."

So she did, she went to work and she had a wonderful day.

The next morning she woke up, looked in the mirror and saw that on her head there was only one hair.

"I think today I am going to wear my hair in a pony tail," she squealed.

So she did, she went to work and she had a really fun day.

The next morning when she woke up, she noticed that on her head there wasn't a single hair.

"Great!" she exclaimed, "I don't have to fix my hair today!"

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## DISCUSSION QUESTIONS & PROMPTS

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### OPENING CLASS

There's a saying that goes, "If you're complaining about something it's because you know it can be better."

As humans, there's a certain level of discomfort that we're OK with – and a lot of times, it's easier to complain than create change.

Is there something you've been complaining about? How could that situation be better?

### DURING CLASS

The same situation you're in – the one you are complaining about – can be the spring board that propels you forward or the quicksand that keeps you stuck.

How we narrate what goes on, determines our experience.

Abundance isn't about having more, nor is it about being complaint-free. Abundance is about appreciating what we already have and when we shift our perspective, we'll find we are surrounded by so much good and those blessings far outweigh the complaints we have.

### CLOSING CLASS

How we view things, determines how we meet them and the same situation can be one in which we find complaint or one that affords us excitement.

This week, may you have the courage to change the things you can change.

May you have the serenity to accept the things you cannot change.

And may you be blessed with the wisdom to know the difference between the two.

### EXTRAS

A great take-home assignment for your students is to have them write and catalog their complaints in a journal (or on their phone) for an entire week. At the end of week, ask them to look over the list:

- What can I change? What action do I need to take?
- What is outside of my control? Where can I release expectation and let go?