

Katie Rhodes
Book Study 42,43,44
Leadership

Book Study #42

Who do you choose to send love to at this moment?

I have found that in this moment it is important for me to pay attention to the ones that I am sending love to. Currently, I am giving love to the people that I know want the best for me and are always there for me. I have spent too much time sending love to people that don't deserve it or don't even want it. I find it important to look at who is sending you love. My friends that show they want me in their lives are the people that I give love back too. I can't blindly love all my friends anymore because it was draining me. Family is a tricky topic because we are taught that we are supposed to love family no matter what. What you aren't taught is that family will be the ones that it is most difficult to love. I agree they are blood and that should mean something but you should also draw back at times if you feel like that love and respect aren't being reciprocated.

Book Study #43

Reflect on the following: "judging others takes a great deal of energy and without exception, pulls you away from where you want to be".

We can't stop ourselves from judging others, it's inevitable. What we can do is not let it consume and define you. When you see someone you instantly judge them, when you talk to someone, you are judging what they say and how they respond. Most of the time we aren't going out of our way to judge it just happens subconsciously. I think a little judgment is okay. If someone tells you on a first date that they hate their family and their dad is a serial killer, it is safe to judge that maybe you don't want to date them. Judging people in areas that they can't control is where you might enter bad territory. The only reason people judge looks or clothes is to make themselves feel better. If I say you have a big nose, it might be that someone told me I had a big nose but I think yours is bigger so therefore I can feel better about my nose. It is a vicious cycle. By constantly judging someone, you might as well hold up a big sign that says "IM INSECURE". What are you trying to gain either? You called her ugly or said she's mean, what did you gain from that? Does that make you feel better? People don't want to be around constant negativity. Judgment only gives gratification for a short amount of time. Instead of taking that time to break others down, you could be working on healing your inside that makes you want to constantly judge. Judging other people will keep you from being genuinely happy and getting anything done. It is so time consuming to break others down that at the end of the day, you are only wasting YOUR time.

Book Study #44

Why is it important to see the differences amongst one another in our small intimate circle to cultures around the world?

Life would be so incredibly boring if everyone was the same. Yet, we are so quick to judge something or someone for being different than us. If we were all the same there would be nothing to talk about and you would barely have to get to know people. It is important to see the

differences amongst our friends and cultures and celebrate the differences. If you have the perspective that differences are fun and interesting to learn about, you can stop yourself from judging. You don't have to change yourself or your own beliefs but it is okay to think something is cool and interesting to learn about. I think more people should be open to learning about others because there is so much to learn about different groups. No one is asking anyone to change, but you can at least develop an understanding of other people and respect the creativity and culture.