



2026 Theme: OPEN AT THE TOP

March Theme: What if?

Week 11: *What We'll See Will Defy Explanation - Personal Outer*

March 15th thru March 21st, 2026

What if we expected the great—no matter what the world looked like? This week we explored how belief and expectancy work together to shape our lives and defy limitations. We lean into joy and possibility, choosing to expect better of ourselves, each other, and the world.

TALK NOTES:

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GOING DEEPER

Looking back over your life, bring to mind a situation that you thought was bad then ultimately turned out to be for you good.

- ★ List the various events and experiences between your moment of “OH NO” to your “EVERYTHING IS OKAY” to your “WOW”.

- ★ Explore how the timing and form of each event and experience prepared you mentally, physically, emotionally and spiritually for the next.

- ★ What are your AH HAs?

- ★ Now build on your AH HAs.

- Contemplate: **How might my life, and the world, change if I fully believe good is always unfolding, even in the face of challenge?**
- Then finish this sentence: ***I imagine.....***
 - *Each day this week write an affirmation that energizes what you imagine.*
 - *Speak your affirmation out loud at least three times every day.*

Journal about your experience remembering that self-honesty is most effective when we are kind and loving with ourselves.