

# BEACON

## Chapter 2

### Belonging

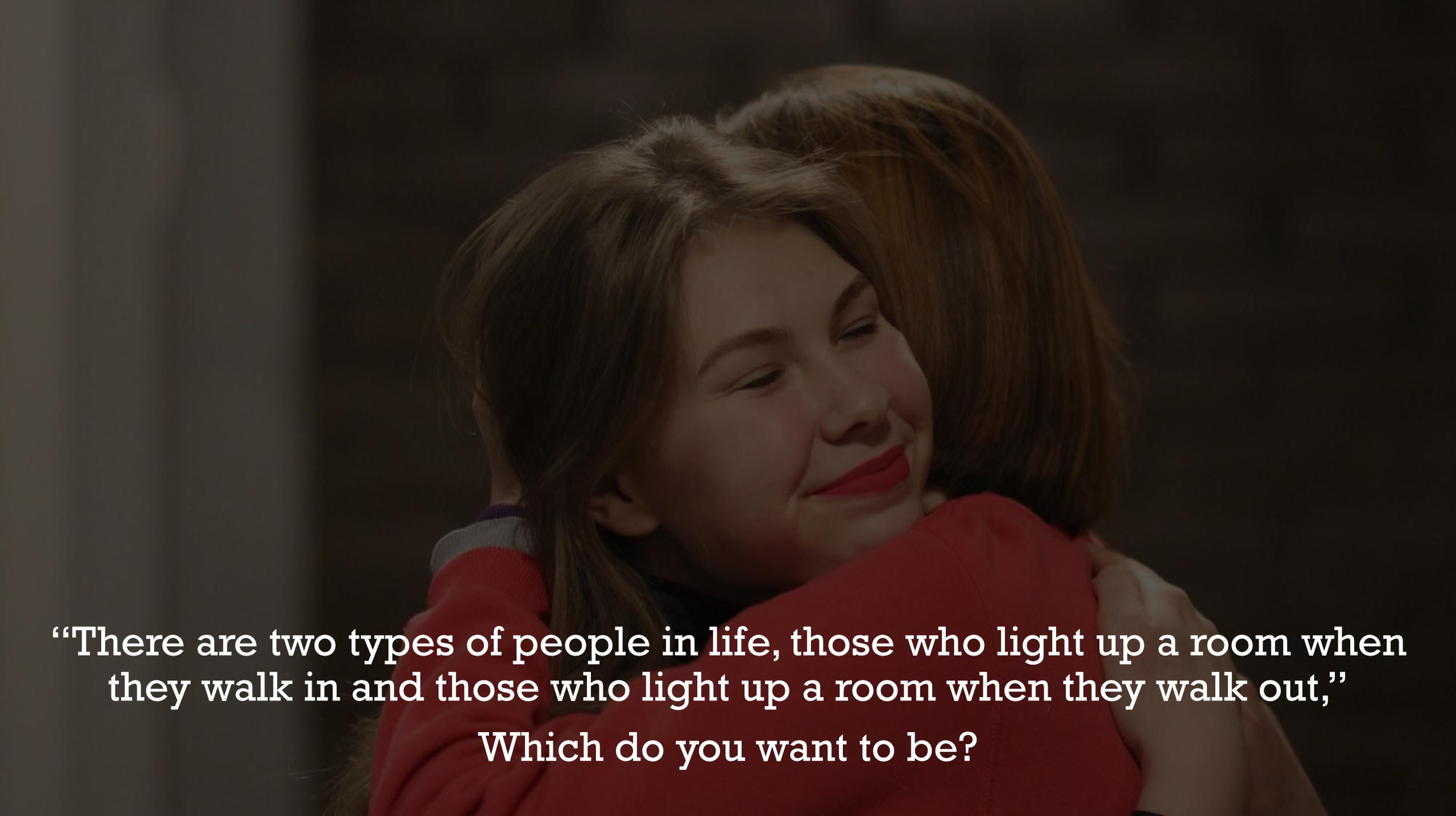
#### Lesson 5 – Finding your third space

ThriveAbility



A person is shown in profile, facing left. They are wearing a brown, ribbed knit beanie and purple-rimmed glasses. The background is a blurred cityscape with buildings. The overall image has a dark, muted color palette.

What “HAT” are  
you wearing?

A woman with long brown hair, wearing a red top, is hugging another person whose back is to the camera. The woman is smiling and looking down. The background is dark and out of focus.

**“There are two types of people in life, those who light up a room when they walk in and those who light up a room when they walk out,”**  
**Which do you want to be?**

# Can you find your “Third Space”?



## **Reflect**

What went well? What difference did I make?  
What am I proud of?



## **Rest**

Calm your mind and recompose - take a few  
breaths, listen to music, take a quick walk.



## **Reset**

Set your intention and align with where you're  
going next



Could you use the **Third Space** to help you connect more closely, being more in tune with who you're with and what they most need from you?