

PRINCIPAL ACTORS IN THE ONGOING STORY OF MY LIFE

PART II



Worksheet 1

BEFORE YOU BEGIN, PAUSE FOR A MOMENT TO CENTER YOURSELF. Use a method you know—or the Introspection Gateway audio recording—to calm your mind, uplift your awareness, and enter a receptive, reflective mood before answering the questions. Then use the prompts below to identify the key relationships in your life—those individuals who have appeared across many seasons, each contributing to and sharing your journey toward greater Self-awareness.

Life partners and closest, most trusted friends

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

Family members who play a meaningful role in my life

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

Important teachers, mentors, or gurus who have guided me

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

Those with whom I have a long-standing disharmonious relationship

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____