

RELATIONSHIPS

THIS WEEK IN PERSPECTIVE

PART II



Worksheet 9

At week's end, look back over your daily journal entries, then pause to center yourself, and reflect with calm awareness on the week as a whole

● **Who were the three most significant people in my life this week?**

● _____

● _____

● _____

● **What did each of them reveal to me about myself or my journey?**

● **Did I spend quality time with any of the key actors this week? What did we do together that was meaningful for both of us?**

● **Were there any moments of conflict or tension with others this week? What do I see as the cause of disharmony on my side?**

- *What heroic or selfless actions did I observe in others? Who stood out as this week's hero, and why do I admire them?*

- *Whom did I help this week, and in what ways?*

- *What did I learn about myself this week through interactions with others?*

- *What was the highlight of my week?*



Choose one person to focus on next week and note here how I plan to deepen that relationship