

PEOPLE IN THE

SPOTLIGHT THIS MONTH

PART II



Worksheet 10

As you review the month, pause to reflect on the people who entered your life, those who stepped away, and on the relationships that influenced your experiences—both outwardly and inwardly. Take time first to calm your mind, uplift your awareness, and enter a receptive, reflective mood before answering the questions.

- **What was the most significant interaction I had this month, and why does it stand out?**

- **Who entered my life for the first time this month—whether in person, online, or through something I read or heard?**

- **What significance do these new arrivals hold, and what role might they play in my ongoing story?**

- **Did anyone leave my life this month—through distance, separation, or loss—and, if so, what emotions or insights arose for me? What meaning does this change hold at this time?**

- *Did a new chapter begin or an old one close with someone this month? How might this change influence my journey going forward?*

- *Are there any relationships or situations this month that still feel unsettled or unresolved? What steps could I take in the coming weeks to bring more clarity or harmony?*

- *What were the results of my efforts to nurture a particular relationship this month?*

- *What was the highlight of my month?*



Express your gratitude to at least three people who made a meaningful difference this month.



READERS' INSIGHTS

The questions were quite helpful in reflecting on the current “episodes” of my life and their contribution to my journey. Reflecting on these moments filled me with a deep sense of gratitude for the interactions and lessons each one has brought. —*Jyothi, Cupertino, California*