

WEEKLY HIGHLIGHTS

PART VIII



Worksheet 4

RELATIONSHIPS AND INTERACTIONS

- *Who was the most significant person in my life this week, and why?*

- *Were there others with whom I had meaningful interactions? What messages or insights came to me through them?*

- *Were there any interactions this week that felt disharmonious? What part did I play in the tension or misunderstanding? What can I learn from these experiences?*

ACTIONS AND OUTCOMES

● *What did I accomplish outwardly this week that I feel good about?*

● *What small victories or meaningful insights stand out and deserve to be remembered?*

● *Did I avoid or postpone anything important? What held me back, and why?*

● *How well did I balance work, rest, personal time, and my inner life this week?*

● *What significant decisions or choices did I make, and how do I feel about them now?*

INNER EXPERIENCE

- *How satisfied am I with the depth and consistency of my spiritual practices this week—and how might I strengthen them going forward?*

- *Were there moments this week when I felt inwardly guided or supported—by an unseen hand or through the prayers of others?*

INSIGHTS AND UNDERSTANDING

- *What was the most meaningful lesson I learned or insight I gained this week?*

- *Did a particular theme or message seem to repeat itself in different situations this week?*

- *Other significant observations: Did anything else this week feel meaningful or worth remembering?*

HIGHLIGHTS

- *What moment stands out as the highlight of my week?*

- *What, if anything, disturbed me or challenged my peace this week and what did I learn from it?*



Write down the people, moments, and blessings for which you feel most grateful this week and find a way to express that gratitude today.