

Week 1 Worksheet 1/3

The 6 areas of life that I am committed to create balance in are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

I commit to bringing intentionality to my thoughts, listening and communication by creating practices such as: (state your practices, be detailed).

Week 1 Worksheet 2/3

From your journal assignment from this week, list 1-3 active relationships. State your accountability for what you have brought to each relationship, as well as a heartfelt acknowledgement for each person. A heartfelt acknowledgement is something like this:
“Sandra, I acknowledge you for being an example of strength and perseverance”.

Week 1 Worksheet 3/3

