Relationships

REFLECTION QUESTIONS:

Name: _______________________________________________________________________

“At any given moment you have the power to say, this is not how the story is going to end.”

1. What steps did you take that past 30 days to enhance or develop supportive relationships?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

2. What did you learn?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

3. What were the challenges and how did you move past the challenge?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

4. In what ways did you notice your perspective or outlook changing?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

5. What habits are you going to bring forward beyond the 30 days?
   __________________________________________________________________________
   __________________________________________________________________________