

The Four Relationships Connection Plan

Write a percent on the line indicating how connected you feel right now in each of the following relationships:

Self 0% -----50%-----100%

Others 0% -----50%-----100%

God 0% -----50%-----100%

Earth 0% -----50%-----100%

- o Pick the weakest one, or the one that calls to you, and plan to give attention to working within that relationship.
- o You may want to read that relationship's chapter again.
- o In the following chart, write a list of things you can do to strengthen that relationship.
- o Put these ideas into practice for four weeks and then take the assessment again.

Date _____

CONNECTION MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

RELATIONSHIP STRENGTHENING PRACTICES

List and number, then record the number on the calendar for each day you practice that item
