

**Joyful Living: Build Yourself a Great Life!**

**Blank Worksheets**

Name:

Worksheet #1

Date:

## **Whom do I respect and admire?**

1. Who comes to mind when I think about someone I know, respect, and admire?
2. What do I like about this person?
3. How has this person affected my life?
4. What seems to motivate this person?
5. What outstanding characteristics does he/she have?
6. Does this person have a sense of purpose?
7. Does he/she exhibit joy?
8. Would I desire to be more like this individual? In what ways?
9. What event or situation, involving this person, illustrates why I respect and admire him/her?

Name:

Worksheet #2

Date:

## **Knowing My Talents and Abilities**

1. What are some things I enjoy doing? Consider the various areas of my life such as work, home, friends, church, families, hobbies, interests, etc.
  - a.
  - b.
  - c.
  - d.
  - e.
  
2. What are some things that other people have told me I am good at?
  - a.
  - b.
  - c.
  
3. Considering the items above, which can I become so absorbed in that I lose track of time?
  
4. Without being conceited, just simply being honest with myself, what do I think my strengths are? Does one seem to be a predominant talent or ability?
  
5. How has this talent or ability benefited me in the past?

Name:

Worksheet #3

Date:

## Knowing My Areas of Failing

1. What are some things I dislike doing? What are some things I do not do well? Consider the various areas of my life such as work, home, friends, church, families, hobbies, interests, etc.
  - a.
  - b.
  - c.
  - d.
  - e.
2. What are some areas that other people have told me I need to improve?
  - a.
  - b.
  - c.
3. Which of the items above causes the most damage in my life? Which prevent me from living the way I would like to live?
4. What habits or characteristics do I think are my weaknesses? Does one seem to be my predominant area of failing?
5. How has this area of failing hurt me in the past?

Name:

Worksheet #4

Date:

## Hopes, Dreams and Wishes

(Don't be too practical; let yourself soar!)

What would I like to **achieve** in my lifetime?

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

What things would I like to **possess** in my lifetime?

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

What **character traits** would I like to develop?

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

What **other hopes, dreams and wishes** come to mind?

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

Name:

Worksheet #5

Date:

## Do I Tend To Be an Optimist or a Pessimist?

1. My boss unexpectedly says, "We need to talk, please come into my office." Is my immediate response:

Mostly Pessimistic	Somewhat Pessimistic	Realistic	Somewhat Optimistic	Mostly Optimistic
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2. My five year old daughter, while riding bike in the driveway, crashes to the pavement. Is my first response:

Mostly Pessimistic	Somewhat Pessimistic	Realistic	Somewhat Optimistic	Mostly Optimistic
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3. I have a romantic dinner date with my spouse tonight, as I think about how things will go I am:

Mostly Pessimistic	Somewhat Pessimistic	Realistic	Somewhat Optimistic	Mostly Optimistic
--------------------	----------------------	-----------	---------------------	-------------------

4. I am about to walk across a one-way street, the old saying is, "A pessimist looks both ways when crossing a one-way street." Am I:

Mostly Pessimistic	Somewhat Pessimistic	Realistic	Somewhat Optimistic	Mostly Optimistic
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5. While driving my car near the speed limit on the highway, I hear the siren and see the flashing lights of a police car behind me. My reaction is:

Mostly Pessimistic	Somewhat Pessimistic	Realistic	Somewhat Optimistic	Mostly Optimistic
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6. I get a telephone call informing me that I have won \$5,000 in a sweepstakes that I entered.

Mostly Pessimistic	Somewhat Pessimistic	Realistic	Somewhat Optimistic	Mostly Optimistic
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7. During a routine physical with my doctor, she comes in with a grave look and says, "We found a lump that concerns us. We would like to schedule you for a test to take a sample for a biopsy." After the initial shock, my reaction is:

Mostly Pessimistic	Somewhat Pessimistic	Realistic	Somewhat Optimistic	Mostly Optimistic
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8. Considering all the above, my nature is probably:

Mostly Pessimistic	Somewhat Pessimistic	Realistic	Somewhat Optimistic	Mostly Optimistic
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Name:

Worksheet #6

Date:

## Valued Attributes

What are my four most valued attributes? (Refer to Table #1 for ideas.)

- a. Why do I value this attribute?
- b. When have I been strong in demonstrating this attribute?
- c. When have I been weak in demonstrating this attribute?

<b>Valued Attribute</b>	<b>Why and When</b>
-------------------------	---------------------

1. _____	Why?
	When strong?

When weak?

2. _____	Why?
	When strong?

When weak?

3. _____	Why?
	When strong?

When weak?

4. _____	Why?
	When strong?

When weak?

Name:

Worksheet #7

Date:

## **Valued Attribute Scenarios**

Imagine the following situations and think, “How would I respond?” Consider the attributes listed in Table #1, your responses from Worksheet #6 or anything else that comes to mind.

1. I am driving a car, someone inadvertently cuts me off and I just miss being in an accident.

2. My child plays a sport and is often treated unfairly by the coach.

3. I get a small finance charge for a late payment I think I mailed on time.

4. I am ready to park my car and another car zooms in and steals my space.

5. A co-worker tells me, face to face and without much tact, that I failed to keep a commitment.

After completing this worksheet, go back and look at Worksheet #6. Were your answers there honest and accurate? Write down any thoughts as notes to Worksheet #6.



Name:

Worksheet #8

Date:

## Central Focus

1. The central focus of my life would be...\_\_\_\_\_

2. Why?

3. If I had trouble identifying just one clear focus, what are other possible candidates for central focus in my life? \_\_\_\_\_

4. Why?

5. If I explained this concept of central focus to the following people, what would they say was the central focus in my life? Why?

a. Grandparents:

b. Parents:

c. Siblings:

d. Children:

e. Bosses:

f. Co-workers:

g. Close friends:

Name:

Worksheet #9

Date:

## My Basic Personality – Part 1

(Circle items that best describe you and X items that least describe you)

### *Calculating Controller*

# C

+	-
Analytical	Cautious
Detailed	Fussy
Precise	Critical
Introspective	Suspicious
Persistent	Resentful
Orderly	
Accurate	
Faithful	

### *Demanding Driver*

# D

+	-
Dominant	Impatient
Forceful	Outspoken
Decisive	Stubborn
Assertive	Restless
Bold	Tactless
Competitive	
Self-reliant	
Pioneering	

### *Sensitive Sustainer*

# S

+	-
Gentle	Timid
Cautious	Nonchalant
Amiable	Worrier
Listener	Hesitant
Consistent	Lenient
Sympathetic	
Obedient	
Tolerant	

### *Invigorating Influencer*

# I

+	-
Persuasive	Naive
Enthusiastic	Haphazard
Popular	Changeable
Charming	Unpredictable
Inspiring	Talkative
Playful	
Cheerful	
Spirited	

Name:

Worksheet #10

Date:

## **My Basic Personality – Part 2**

1. Which personality profile do I most strongly resemble? \_\_\_\_\_
2. Do I mostly fit one profile or am I more of a combination? Explain.
3. Who is the best example of a Type D person that I know? \_\_\_\_\_
4. What are their strengths? Weaknesses?
5. Who is the best example of a Type I person that I know? \_\_\_\_\_
6. What are their strengths? Weaknesses?
7. Who is the best example of a Type S person that I know? \_\_\_\_\_
8. What are their strengths? Weaknesses?
9. Who is the best example of a Type C person that I know? \_\_\_\_\_
10. What are their strengths? Weaknesses?
11. What are the strengths of my personality and how do they help me?
12. What are the weaknesses of my personality and how do they hurt me?

Name:

Worksheet #11

Date:

## Love Languages

- Words of Affirmation
- Quality Time
- Gifts
- Acts of Service
- Physical Touch

List your Love Languages from most important (#1) to least important (#5) for yourself and three other people that you care about deeply. This is a highly subjective exercise, so just make your best guess.

For myself, my Love Languages are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

For \_\_\_\_\_, his/her Love Languages are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

For \_\_\_\_\_, his/her Love Languages are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

For \_\_\_\_\_, his/her Love Languages are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# The Five Love Languages

Please consider the five methods listed below of showing and being shown love. Which love language seems to matter most to the person named? Which love language seems to matter least? Please number the items from #1 to #5 with #1 indicating the most significant love language, #2 indicating the next most significant love language and continuing to #5 indicating the least significant love language.

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

Words of Encouragement \_\_\_\_\_

Acts of Service \_\_\_\_\_

Quality Time \_\_\_\_\_

Receiving Gifts \_\_\_\_\_

Physical Touch \_\_\_\_\_

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

Words of Encouragement \_\_\_\_\_

Acts of Service \_\_\_\_\_

Quality Time \_\_\_\_\_

Receiving Gifts \_\_\_\_\_

Physical Touch \_\_\_\_\_

Name:

Worksheet #12

Date:

## **Emotions Remembered**

(When did I strongly feel each of the following emotions?)

1. Anger:

2. Joy:

3. Fear:

4. Love:

5. Sadness:

6. Surprise:

7. Shame

8. Disgust:



Name:

Worksheet #14

Date:

## **Earliest Childhood Memories**

When recalling memories, ask “Who?” “What?” “Where?” “When?” “Why?” and “How?”  
For example: Who was with you? What did they look like? What were they wearing? What were you wearing? What were you doing? What else was going on? When was it? Where were you? How was the weather? How did you feel? How strong is the memory?

1. My earliest memory is:

2. Other early memories:



Name:

Worksheet #15

Date:

## **Strongest Childhood Memories**

When recalling memories, ask “Who?” “What?” “Where?” “When?” “Why?” and “How?”

1. My three most pleasant childhood memories are:

a.

b.

c.

2. My three most painful childhood memories are:

a.

b.

c.

Name:

Worksheet #16

Date:

## **Recalling Memories: Infant/Toddler/Pre-school**

When recalling memories, ask “Who?” “What?” “Where?” “When?” “Why?” and “How?”  
(Anger, Joy, Fear, Love, Sadness, Surprise, Shame, Disgust)

Name:

Worksheet #17

Date:

## **Recalling Memories: Elementary School**

When recalling memories, ask “Who?” “What?” “Where?” “When?” “Why?” and “How?”  
(Anger, Joy, Fear, Love, Sadness, Surprise, Shame, Disgust)

Name:

Worksheet #18

Date:

## **Recalling Memories: Junior High School**

When recalling memories, ask “Who?” “What?” “Where?” “When?” “Why?” and “How?”  
(Anger, Joy, Fear, Love, Sadness, Surprise, Shame, Disgust)

Name:

Worksheet #19

Date:

## **Recalling Memories: High School**

When recalling memories, ask “Who?” “What?” “Where?” “When?” “Why?” and “How?”  
(Anger, Joy, Fear, Love, Sadness, Surprise, Shame, Disgust)

Name:

Worksheet #20

Date:

## **Recalling Memories: Late Teen/Early 20's**

When recalling memories, ask "Who?" "What?" "Where?" "When?" "Why?" and "How?"  
(Anger, Joy, Fear, Love, Sadness, Surprise, Shame, Disgust)

Name:

Worksheet #21

Date:

## **Recalling Memories: Adult**

When recalling memories, ask “Who?” “What?” “Where?” “When?” “Why?” and “How?”  
(Anger, Joy, Fear, Love, Sadness, Surprise, Shame, Disgust)

Name:

Worksheet #22

Date:

## **Relationship Bank Account**

1. Choose a significant relationship.
2. In what ways have I made deposits into this relationship bank account?
3. In what ways have I made withdrawals from this relationship bank account?
4. How has the other person made deposits into this account?
5. How has the other person made withdrawals from this account?
6. Overall, how would I describe this relationship account balance? (overdrawn, small balance, medium balance, large balance)



Name:

Worksheet #23

Date:

## **My Relationship with My Parents**

1. Thinking of my relationship with my parents when I was a child, I would describe it as:
1. Thinking of my relationship with my parents when I was an adolescent, I would describe it as:
2. Thinking of my relationship with my parents when I was an adult, I would describe it as:
3. I am most grateful to my parents for:
4. What do I wish my parents had done differently?
5. How much fun and play occurred with my parents?
6. How was discipline handled in my home?
7. What is the level of trust in this relationship?
8. Overall, how do I rate the effectiveness of the family I grew up in?

Highly	Mostly	Mildly	Mildly	Mostly	Highly
Dysfunctional	Dysfunctional	Dysfunctional	Functional	Functional	Functional

Name:

Worksheet #24

Date:

## **My Relationship with My Children**

1. Thinking of my relationship with my children when they were young, I would describe it as:
2. Thinking of my relationship with my children when they were adolescents, I would describe it as:
3. Thinking of my relationship with my children when they were adults, I would describe it as:
4. My children are most grateful to me for:
5. What do my children wish I had done differently?
6. How much fun and play occurred with my children?
7. How was discipline handled in our home?
8. What is the level of trust in this relationship?
9. Overall, how do I rate the effectiveness our family?

Highly Dysfunctional	Mostly Dysfunctional	Mildly Dysfunctional	Mildly Functional	Mostly Functional	Highly Functional
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Name:

Worksheet #25

Date:

## **My Relationship with Another Person**

1. Choose an important relationship to examine:
  - a. This relationship is with...
2. How did it begin? (When, where, why?)
3. How has it changed? (When, where, what, how much, why?)
4. What has been the high point of this relationship?
5. What has been the low point of this relationship?
6. What attributes does this person value?
7. What is the central focus of this person?
8. What are the main needs in this relationship? Mine? His/hers?
9. How well are the needs met? Mine? His/hers?
10. Who has control in this relationship?
11. What is the level of trust?
12. What is the level of tolerance?
13. Is there any fear of being abandoned?
14. What happens when someone screws up?
15. How much play & fun is in this relationship?
16. Does this relationship help me grow as a person?
17. On a scale of 1-10, how do I rate this relationship?

Name:

Worksheet #26

Date:

## **My Relationship with Myself**

1. How interested am I in myself? On a scale from totally uninterested to totally narcissistic, where do I fall?
2. Describe a situation, event, or story that illustrates my level of self-interest.
3. To what extent do I wish for my own good (my future happiness)?
4. Describe a situation, event, or story that illustrates how I desire my own good?
5. Do I like myself?
6. What is my self-image?
7. Does this self-image seem consistent with the reality of my life?
8. How well do I nurture my physical body and my mind?
9. How much responsibility do I take in life for myself and for the rest of the world?
10. On a scale of 1-10, how do I rate my relationship with myself?

Name:

Worksheet #27

Date:

## **My Relationship with God**

1. When was I first aware of my relationship with God?  
(How, where, why?)
2. How has this relationship with God changed?  
(When, where, what, how much, why?)
3. What has been the high point?
4. What has been the low point?
5. How active is God in my life?
6. What does God expect from me?
7. What do I expect from God?
8. What is the most terrible personal tragedy I can imagine?
9. How would I view God if this tragedy occurred?
10. How much joy is there in my relationship with God?
11. On a scale of 1-10, how do I rate my relationship with God?

Name:

Worksheet #28

Date:

## How would I describe God?

1. Is God active in the world?
2. Is God active in my life?
3. Do I trust God to protect me?
4. Is God loving toward me or is God harsh?
5. Is God judgmental of me?
6. Do I ever feel joy in my relationship with God?
7. Do I ever feel a strong sense of belonging to God?
8. Do I clearly know right from wrong?
  - a. Do I know what God wants from me?
  - b. How do I know what God wants from me?
9. Is there a force of evil in the world?
10. What happens when people die?
  - a. Is there a heaven? If so, how do people get there?
  - b. Is there a hell? If so, how do people get there?
11. On a scale of 1-10, how would I rate my faith in God?
12. On a scale of 1-10, how would I rate the certainty of my convictions?
13. Which of my actions glorify God?
14. Which of my actions show rebellion towards God?
15. Do I pray? If so:
  - a. Where do I pray?
  - b. How often do I pray?
  - c. How long do I pray?
  - d. What do I think about the value of my prayers?
16. Do I study any religious text? What text? How often?
17. Do I believe God forgives my mistakes?
18. What do I give to God?
19. What does God give to me?
20. When I feel discouraged, how do I feel about God?
21. When I am in a crisis, how do I feel about God?
22. When I feel great, how do I feel about God?

Name:

Worksheet #29

Date:

## **“That Whereby Men Live”**

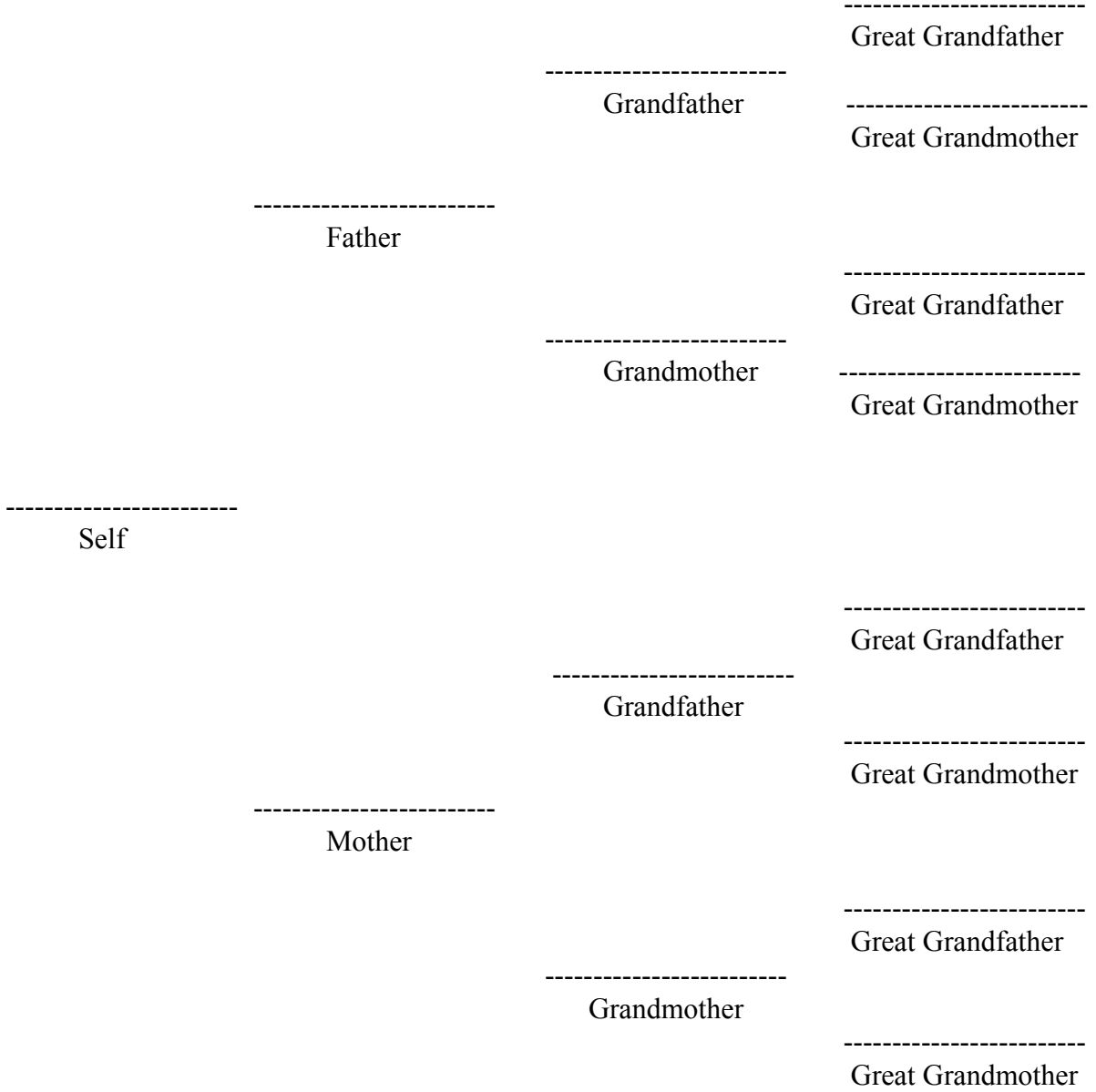
1. My first impression of the story is...
2. I related to the following character because...
3. The story motivated or moved me in what way?
4. Other impressions?

Name:

Worksheet #30

Date:

# Family Tree to 4th Generation





Name:

Worksheet #31

Date:

## **Father Profile**

Father Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #32

Date:

## **Mother Profile**

Mother Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #33

Date:

## **Grandfather Profile (Father's side)**

Grandfather Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #34

Date:

## **Grandmother Profile (Father's side)**

Grandmother Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #35

Date:

## **Grandfather Profile (Mother's side)**

Grandfather Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #36

Date:

## **Grandmother Profile (Mother's side)**

Grandmother Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #37

Date:

## **Great-grandfather Profile (Father's father side)**

Great-grandfather Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #38

Date:

## **Great-grandmother Profile (Father's father side)**

Great-grandmother Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?



Name:

Worksheet #39

Date:

## **Great-grandfather Profile (Father's mother side)**

Great-grandfather Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #40

Date:

## **Great-grandmother Profile (Father's mother side)**

Great-grandmother Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #41

Date:

## **Great-grandfather Profile (Mother's father side)**

Great-grandfather Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #42

Date:

## **Great-grandmother Profile (Mother's father side)**

Great-grandmother Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #43

Date:

## **Great-grandfather Profile (Mother's mother side)**

Great-grandfather Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #44

Date:

## **Great-grandmother Profile (Mother's mother side)**

Great-grandmother Name:

Birth Info: When? Where? How?

Childhood Info: Siblings? Schools? Stories?

Adult Info: Occupation? Courtship & Marriage? Joyful times & Sad times? Stories?

Death Info: When? Where? How?

Characteristics: Valued Attributes? Personality Type? Love Language?

Strengths:

Weaknesses:

What did this person care about the most (central focus)?

Name:

Worksheet #45

Date:

## **Things I Believe to be True**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Name:

Worksheet #46

Date:

## **Common Lies in my Life**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



Name:

Worksheet #47

Date:

## **My Favorite Quotes & Stories**

1.

2.

3.

4.

5.

6.

Name:

Worksheet #48

Date:

## **Impressions from “How Much Land Does a Man Require?”**

1. My first impression of the story is...
2. I related to the following character because...
3. The story motivated or moved me in what way?
4. Other impressions?

Name:

Worksheet #48

Date:

## **Significant Observations from Previous Worksheets**

Review all previous Worksheets and try and write at least one significant item from each Worksheet. Place the observation in the appropriate group below.

1. Parents

2. Grandparents

3. Spouse

4. Children

5. Other Relatives

6. Friends

7. Co-Workers

Name:

Worksheet #48 (continued)

Date:

8. Work

9. Hobbies

10. Talents

11. God

12. Myself

13. \_\_\_\_\_

14. \_\_\_\_\_

Name:

Worksheet #49

Date:

## **Ideas for Improving my Relationships**

1. Parents

2. Grandparents

3. Spouse

4. Children

5. Other Relatives

6. Friends

7. Co-Workers

Name:

Worksheet #49 (continued)

Date:

8. Work

9. Hobbies

10. Talents

11. God

12. Myself

13. Other

14. \_\_\_\_\_

Name:

Worksheet #50

Date:

## **My One-Year Plan – First Draft**

### 1. Relationship with Others:

a. In order to build my relationship with \_\_\_\_\_, I will try to:

(1.)

(2.)

b. In order to build my relationship with \_\_\_\_\_, I will try to:

(1.)

(2.)

c. In order to build my relationship with \_\_\_\_\_, I will try to:

(1.)

(2.)

### 2. Relationship with God: In order to build my relationship with God, I will try to:

a.

b.

c.

### 3. Relationship with Self: In order to build my relationship with myself, I will try to:

a.

b.

c.

Name:

Worksheet #51

Date:

## **Analysis of My One-Year Plan – First Draft**

(Answer the following questions for each individual item)

- a. How would the accomplishment of this item bring me joy?
- b. What seems difficult about accomplishing this item?
- c. How will this item be measured and tracked?
- d. When I visualize the accomplishment of this item, what do I see?

1a.

1b.

1c.

2a.

2b.

2c.

3a.

3b.

4a.



Name:

Worksheet #53

Date:

## **Impressions from “Where Love Is, There God Is Also”**

1. My first impression of the story is...
2. I related to the following character because...
3. The story motivated or moved me in what way?
4. Other impressions?