

Day Three: Empowering Family Relationships

Approximate time to complete today's lesson: 24 minutes

These are the people you consider most like family, whether they are blood relatives or not.

What comes to mind when I think of being "Empowered"

This is my Empowering Family

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What comes to mind when I think of being "Disempowered"

I feel these family relationships are currently disempowering

1.

2.

3.

4.

5.

6.

Based on my desire to build more empowering family relationships, these are my top 5 relationships to focus on for the next 12 months:

1.

2.

3.

4.

5.

Pick Just One

If you could only select one thing in the Key Area of Family to change over the next 12 months, what one thing would give you the most cause for celebration? How would you feel if you could see that shift in your life? How would you benefit from this shift?
What would you miss out on if you didn't make this shift?