

**Action Partner
Initials**

● Very little effort ● Some effort ● Significant effort

A I remembered my divine identity this week.

● ● ●

B I wrote down one thing I am grateful for each day.

● ● ●

C I worked on my personal commitment.

● ● ●

D I contacted and supported my action partner.

● ● ●

E I shared what I learned with my family or friends.

● ● ●