

Esteemable Acts®

Family
+
Friends

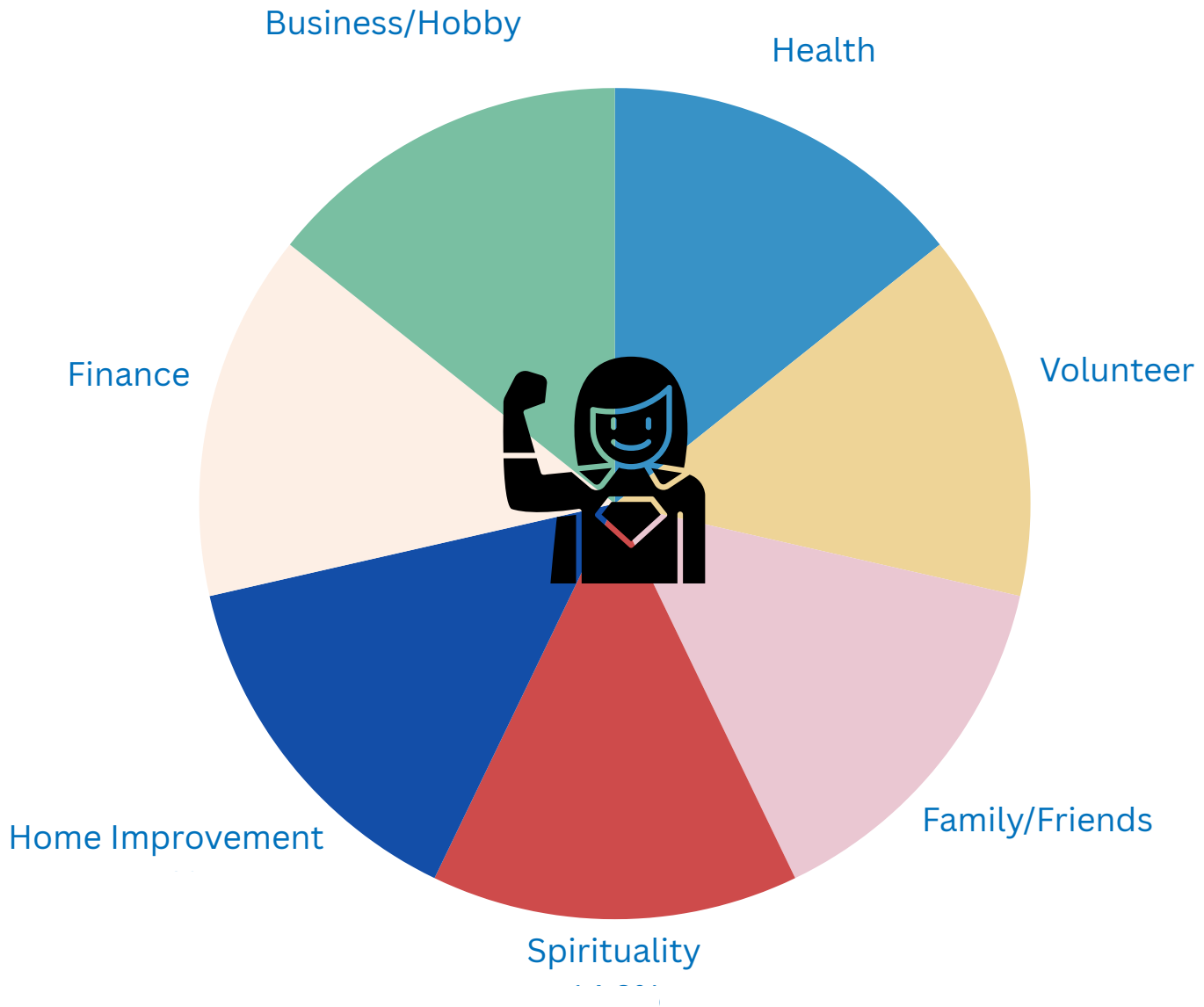
VISION & VALUES WORKSHEET SERIES
PART 2

LOVE IN ACTION:
STRENGTHENING
FRIENDSHIPS & FAMILY TIES

#ESTEEMABLEACTS

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UPON COMPLETION OF THIS WORKSHEET, YOU WILL
HAVE BEGUN TO ALIGN YOUR GOALS WITH YOUR
PURPOSE AND VISION





Family & Friends

THE PEOPLE WHO SHAPE YOUR LIFE

Our relationships with family and friends are some of the most meaningful aspects of life. They provide support, love, and connection—but they also require care and attention. This section will help you reflect on the state of your relationships, recognize areas that may need more nurturing, and clarify what balance looks like for you in this area of life.

Blog: [\[Link\]](#)

What You'll Do in This Section:

- ✓ Reflect on how well your relationships align with your values
- ✓ Identify areas that feel strong and fulfilling, and those that may need more attention
- ✓ Explore how these relationships impact your overall well-being
- ✓ Begin shaping a plan to create deeper, more meaningful connections

Take a deep breath and approach this section with honesty and curiosity. Whether you feel deeply connected or somewhat distant, this is a space to reflect without judgment and move toward relationships that truly nourish you.

