

Identify & Seek



I-Identify & S-Seek

Now that you have reflected on your relationships, it's now time to identify which category or categories of the 3 you want to focus your time and energy on during this Pursuit. Where can you build upon in your relationships to create more joy in your life and fulfill that biological need to create bonds and connect with others?

In your journal write in the name(s) of the people you plan to reconnect with and create a better relationship.

FRIENDS

FAMILY

CO-WORKER

Set Your Goal!

1. Write it down

2. Why is this goal important to you

3. Set proper expectations (rate from 1-10)

1. Be honest with yourself. How difficult will this be? _____

2. How important is it that I accomplish this goal? _____

3. Do I have the resources and the skills to achieve what I am setting out to do? _____

4. How committed and motivated am I? _____

4. Write action commitments for your goal

Family Example

Goal:

Mend my relationship with my sister whom I need to forgive.

Why:

I love her and we haven't spoken in months. I miss her and want to move forward not hold onto the past.

Expectations- 10,10,10,10

Action Commitments:

- ❖ Write her a letter telling her how I feel.
- ❖ Set up a time to connect after she has received the letter.
- ❖ Pray for guidance before during and after we meet.
- ❖ Commit to working on our relationship better by reaching out once a week.

Friend Example

Goal:

I want to find lasting authentic friendships

Why:

Finding myself unexpectedly pregnant, I found out that I don't have true friends.

Expectations-10,10,10,10

Action Commitments:

- ❖ Plan to get involved with a club or organization that has my interests and beliefs.
- ❖ Research the different clubs and organizations on campus
- ❖ Attend a meeting
- ❖ Step out of my comfort zone and talk to one person

Co-Worker Example

Goal: Get to know my co-workers better.

Why: I'm unhappy with my job but I have to stay there for another year so I would like to enjoy my time while I'm still there.

Expectations- 8,10,10,10

Action Commitments:

- ❖ Each shift I will ask a co-worker about their personal life.
- ❖ Learn about their family and interests.
- ❖ Remember to follow up regarding something he/she shared with me.

E-Experience

This Pursuit can be emotional so be sure to take care of yourself and make the time every morning or evening to journal about your experience. It is especially important to practice gratitude as well during this time.

Because we know a huge part of our joy is determined on having healthy relationships, it's so important to give this Pursuit the time and energy it so deserves.

Ready to Crush!

In your journal write down your Humans Pursuit goals and your action commitments.

- ❖ Family Goal: _____
- ❖ Action Commitments: _____
- ❖ Friends Goal: _____
- ❖ Action Commitments: _____
- ❖ Colleague Goal: _____
- ❖ Action Commitments: _____

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