1 Life Connected

Honouring your "Why"

Capture pictures and/or stories of how you honoured your "why" for the next 14 days. If you skip a day, we suggest you recognize it and continue on for a full 14 days.

Day 1

Day 2

1 Life Connected

Day 3

Day 4

1 Life Connected

Day 5

Day 6

1 Life Connected

Day 7

Day 8

Day 9

Day 10

1 Life Connected

Day 11

Day 12

1 Life Connected

Day 13

Day 14

1 Life Connected

After completing all 14 days what have you learned about your "why" and conviction?_____

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What was it like to go through this exercise?_____

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What values do you see showing up consistently with each capture?_____

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What do you plan to take from going through this exercise in helping you build your bridge to connection?_____

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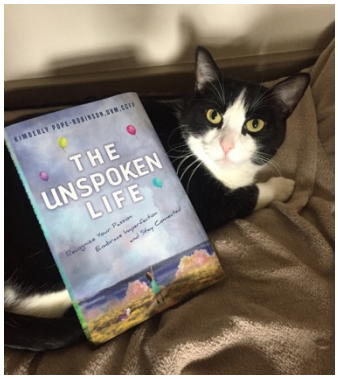
1 Life Connected

Be 1 Life Connected!

We are mindful of our response
We create our environment
We embrace our emotions
We find self-forgiveness

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1 Life Connected
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