

Community:



COMMUNITY / FOUNDATION EXERCISE:

- Take a moment to write your name in the center. Who else is with you in your innermost central part of you?
- In each concentric circle outward, write the names of the people who are in your life, whether you are close to them or not, based on how much involvement they have.
- Consider where you would like some of these people to be and draw an arrow "out" or "in" to which circle you would like them to be in.