

Keep going! Keep growing!

Week 5 Notes	



Week 5 Sheet

Name	
What's the plan?	Think through how you might come along side the people on your brainstorm list. What can you do to spend meaningful time with them? Is there anyone you can share your story with? Try to naturally weave your story into conversations.
Check In!	Were you able to check in with your partner? Yes No
How did the plan go?	Were you able to stick to your plan? Yes No If No, what did you do instead? (If yes, skip this short answer)
	How did it go? (for both you and for them)