

LESSON 5

RELATIONSHIP BUILDING EXERCISE

Taking part in new activities with our partner is a great way to drop into the plane of possibility and connect. Think of 10 new things that you've never done before (either with your partner or on your own).

In the next two weeks, do at least three of these things. Notice how you feel sharing these activities.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____