

Responses (sample)

Complete the sentences below nightly for each day's exercise.

1. The most difficult aspect of today's assignment for me was:

I don't really believe I should always tell the truth. I did take myself to task a bit and talk to Sandy about how I think she is being used by her boyfriend and she was really put out, at least I think so.

2. The lesson about living my life and my One Decision that I want to keep in mind and apply in the future is:

I do believe that this can be useful and I can do it more but I'm not really sure how. I know I want to be able to tell my boyfriend more and if we are going to get married, I don't want a life like my Mom and Dad's, where they don't talk and hide things from each other.

3. My vision of my life with this assignment is:

I'm not really sure. I'm going to have to talk to a few friends and my Allies about this.

4. My *Learns*—What I learned today is:

For sure, how hard it is for me and that I am not anywhere near as honest as I thought and I don't think anyone else is either, certainly not Sandy.

5. My *Grows*—The things I did differently today are:

I did say a lot more than I usually would. I think a lot of this for me is really just talking more. I think I am more truthful than a lot of folks but I need to talk.