



Living Life LOUD

Month 1, Week 4 Homework

Intimacy is letting people see the real us, flaws and all.

MY GOALS FOR JANUARY:

1. _____
2. _____
3. _____

This week's reading is a little bit of a hodge-podge with different themes. Still, there are some great things to talk about!

→ In Ch. 13, Don recaps Viktor Frankl's recommendations for a meaningful life:

1. Project to work on or reason to get out of bed in the morning, preferably something that serves others.
2. Redemptive perspective on life's challenges.
3. Share your life with a person or people who love you unconditionally.

Do you agree that we need all three? Do YOU have all three?

→ Don talks a lot about creating a vision for your closest relationships. Choose ONE relationship and think about what you'd like that relationship to be. Get detailed!

→ Would you feel comfortable sharing at least one aspect of this vision with that person?

→ I love the metaphors of the pillows – everyone must stay on his or her own pillow! Think about one “challenging” relationship in your life. Is part of the issue pillow invasion? Explain.