

Relationships

This Week's Practice:

UPGRADE ACCOUNTABILITY

Your relationships rarely rise above your accountability.
See the biblical case for living in the light and use a simple weekly rhythm of confession, checkins, and repair to build durable trust.

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Purpose: *Reduce reactivity and align daily behavior with Scripture and values.*

Step 1: Breathe (4 minutes)

Slow diaphragmatic breathing: inhale through the nose, exhale through the mouth, steady rhythm. Eyes open is fine.

Step 2: Reframe with Scripture

'but if we [really] walk in the Light [that is, live each and every day in conformity with the precepts of God], as He Himself is in the Light, we have [true, unbroken] fellowship with one another [He with us, and we with Him], and the blood of Jesus His Son cleanses us from all sin [by erasing the stain of sin, keeping us cleansed from sin in all its forms and manifestations].' (1 John 1:7, AMP)

Practice: Walk in the light today by telling the truth and choosing one repair.

Step 3: Micro-action (next hour)

Choose one value aligned step you will complete in the next hour. Write it below.

Track it each evening (7 days):

Day	Reactivity After Hard Moment (0-10)	Repair Attempts / Micro Actions (count)	Evening Peace (0-10)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Notes: