

WEEK FIVE

**CONNECTING TO OTHERS: WORKING THROUGH SHAME**



**AWAKE** (5-10 MINUTES)

CHECK-IN  
LOVING-KINDNESS MEDITATION (OPTIONAL)  
INTRODUCTION



**AWARE** (10-15 MINUTES)

THE WHY



**ALIVE** (15-20 MINUTES)

JOURNAL  
COURAGEOUS CONVERSATIONS



**ABIDE** (10-15 MINUTES)

LOVE FEAST



**ARISE** (5-10 MINUTES)

REVIEW HOME PRACTICES  
CLOSING BLESSING