



Merle M Singer

**RELATIONSHIP
MIRACLE WORKER**

How To Sail Through Any Crisis In Your Life Without Sinking The Ship! Day 1 Worksheet

Sad Things I CANNOT Change	Sad Things I CAN Change

From your **CAN Change List**, decide what **ACTIONS** you can take **RIGHT NOW** to move yourself forward.

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How To Sail Through Any Crisis In Your Life Without Sinking The Ship! Day 2 Worksheet

Beside each name place a + or - to represent the impact on your life. Then mark from 1-5 the effectiveness of the time you spend with them.

Office/Career RELATIONSHIPS	Home/Personal RELATIONSHIPS

If **COMMUNICATION** is key to a successful relationship, what can YOU SAY to **STRENGTHEN** or **IMPROVE** these relationships?

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Day 3 Worksheet

Local COMMUNITY

Ask your neighbor, church or local non-profits what **YOU CAN DO to help!** Here are a couple of places to consider.

Feeding America

<https://supportfeedingamerica.org/donate>

Every dollar you give can help provide at least 10 meals to families in need through the Feeding America network of food banks

A Sense of Home

<https://www.asenseofhome.org>

A Sense of Home strives to prevent homelessness by creating first-ever homes for youth aging out of foster care with donated furniture and home goods.

50% of those struggling with homelessness are former foster youth.¹ The homeless crisis can only end through prevention.

Next Door

<https://nextdoor.com>

Connect with neighbors who may need help with groceries or local errands.

Global COMMUNITY

Want to do volunteer your **passion and talents** on a larger scale? Great. Here are some organizations to consider.

Volunteers of America

<https://www.voa.org>

Volunteer Forever

<https://volunteerforever.com>

There are several ways YOU can make a difference.
Use your **SKILLS, EDUCATION and TALENT** to help others in need.

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