



12 *Seeds*™

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

LIFESKILLS FOR RECOVERY

Personal Journal-Workbook



A Combined Project Between
R3 Collaborative and 12 Seeds International

Introduction

The purpose of this journal-workbook is to help you LIVE better by learning and practicing twelve character and relationship-building principles called the *12 Seeds*. Many benefits come when all *12 Seeds* are studied, learned, reviewed and practiced.

First compiled in 1999, these 12 Biblical principles have helped many people to build personal character and to enhance their relationships.

Comment from a person in recovery . . .

The 12 Seeds are simple yet profound.



Our prayer is that you'll reap the many benefits of better relationships all through your life!

The good life? We do not experience it in the loneliness of today's fads of self-expression and self-gratification. The good life is found only in loving relationships and community.

— Chuck Colson, *The Good Life*

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The *R3-12 Seeds Personal Journal-Workbook* is developed by 12 Seeds International, Inc., together with the R3 Collaborative for Recovery, Reentry and Renewal. It's designed for those who desire to apply twelve proven, practical principles for better relationships for the benefit of individuals, families, friendships, recovery ministries, churches, small groups, schools, communities and society. For more about the *12 Seeds* and other materials, go to www.12seeds.org or www.R3collaborative.org

Your comments are always welcome! Contact us at info@12seeds.com or (612) 866-5927.

Why are healthy relationships so important?

The quality of a person's relationships reflects the quality of a person's life. A person may have good physical health and vast wealth, but if relationships are poor, such a life is not really very healthy or very rich.


*What is a family or friendship without good relationships . . .
. . . or a team, a church, a business or a community?
How do we succeed without good relationships?*

Definition of a Healthy Relationship:

A continuing attachment or association between people who interact with each other; a healthy and responsible connection between individuals, or between an individual and a group.

My Important Relationships:

(Use Name, Code or Initials if you prefer)

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Why is using a journal important?


Writing is a link to thinking and change.

When you write, it enables you to clarify your thoughts. Recording your thoughts helps you set goals for the future. You can also track your progress by dating your journal.

Writing + Thinking = Change!

Lord, help me to journal every day.

Write my own prayer . . .

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Date _____