

MY ALONE AND LONELY PLAN

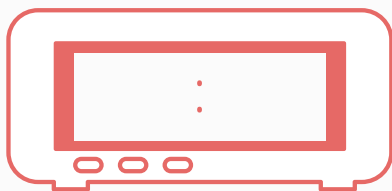
My Top 5 People

- 1.
- 2.
- 3.
- 4.
- 5.

Things I Want to Work On

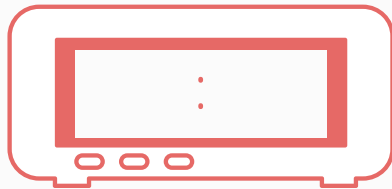
- 1.
- 2.
- 3.
- 4.
- 5.

My Lonely Time(s) Is/Are:



AM

PM



AM

PM

AND/OR

Skills I Want to Develop

- 1.
- 2.
- 3.
- 4.
- 5.

I commit to (activity) with (person) on (date) at (time):

Grayson Wallen is an Associate Counselor at the Center for Enriching Relationships in San Diego. He works with kids, adults, marrieds, and those to be married from a Christian perspective, with interventions that make sense and are scientifically proven to work. Outside of counseling, Grayson can be found at the beach, refining his home barista skills, or exercising.