Two-Way Harms & the Goodwill Check

Own your side of the street. Leave theirs in their hands.

1. Separating Two-Way Harms

For one mutual conflict, what was strictly my part, completely separate from what they did to me?

2. The 14-Day Goodwill Check

Name 1–2 difficult people I am practicing wishing peace and clarity for daily:

☐ Days 1–7 ☐ Days 8–14

Including My Own Name

Self-amends are real amends. Mend past self-harm through steady, daily care.

3. Including My Own Name

How did past habits harm my own health, dignity, or dreams, and what gentle forgiveness do I offer myself today?

4. My Daily Living Amends

Three concrete ways I am already mending trust through how I live today:

1. _____

2. _____

3. _____

14-Day Goodwill Practice Tracker

Check off each morning you wish peace, health, and clarity to a difficult name.

Name 1: _____

☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7
☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 13	☐ 14

Name 2: _____

☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7
☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 13	☐ 14

What I notice