

# DAY 26

“Sacrifice is a part of life. It’s supposed to be. It’s not something to regret. It’s something to aspire to.”

– Mitch Albom

For today’s task, explore these questions with the examples you journaled about yesterday. What did you find? Go and share with your partner.

Is this sacrifice a want or a need? Is there significance attached to the potential sacrifice? If your partner sacrifices for you, will they be giving up an emotional need or rejecting a personal belief?

Will either of you be emotionally harmed if you are the one to sacrifice?

Consider what you will gain versus what you will lose if you choose to sacrifice?