Universe of Obligation

In Circle 1, write your name.

In Circle 2, write the name of people to whom you feel the greatest obligation – for example, people for whom you’d be willing to take a great risk or put yourself in peril for (you don’t have to write actual names.)

In Circle 3, who are the people on the next level? That is people to whom you have some obligation, but not as great as in circle 2.

In Circle 4, who are the people on the next level? People to whom you have some obligation, but not as great as in circle 3.