How To Have GREAT Relationships In Every Area of Your Life

RESULTS BOOK

What type of relationships do you want in your life?
You can do this for every area of your life, but first start with one area. eg. your business

With Your Intimate Partner:

With Your Kids (and Stepkids):

With Your Parents (and In-Laws):

With Your Friends:

With Your Extended Family:

With The People At Your Work/Business:

How are you currently being in your relationships?
Be honest with yourself here!

With Your Intimate Partner:

With Your Kids (and Stepkids):

With Your Parents (and In-Laws):

With Your Friends:

With Your Extended Family:

With The People At Your Work/Business:

What can you do to improve your relationships?

Have you been stuck in your ways in your relationships with other people? How can you be more open in your relationships?

How have you been increasing the drama in your relationships? What can you do to help reduce or eliminate the drama completely?

Where have you been judgemental towards other people?

Where have you been criticising or nagging in all your relationships?

Where have you been blaming other people and justifying your actions/behaviours for the circumstances of your life?

Are you a good receiver? How can you actively work on being a better receiver?

How can you strengthen the connection in your relationships?

What can you appreciate and be grateful for from the people in your life?

With Your Intimate Partner:

With Your Kids (and Stepkids):

With Your Parents (and In-Laws):

With Your Friends:

With Your Extended Family:

With The People At Your Work/Business:

How can you take more responsibility in your relationships?

Who do you want to be in the relationships in your life?

WELL DONE! You have completed the Results Book for this week.