THE RELATIONSHIP YOU WANT

Who do you want to be in this relationship?
In other words, what kind of employee, spouse, sibling, or friend do you want to be? Make sure you think about this separately from the other person's behaviour
— don't let that determine who you are.
Decide who you want to be. Take some time to write it all out.

How do you want to feel? Why?

THE RELATIONSHIP YOU WANT

How do you want to act and show up?

What do you want to offer to this person?

THE RELATIONSHIP YOU WANT

How do you want to think?
Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship. There are three categories of thoughts you need to manage in each relationship, and your thoughts will be different in each relationship:

1. How do you want to think about yourself in this relationship?

THE RELATIONSHIP YOU WANT

2. How do you want to think about the other person in this relationship?

3. How do you want to define and think about your relationship together?

THE RELATIONSHIP YOU WANT

Write an “I’ve been meaning to tell you” letter below. This is a letter you can send or not send. Just writing it feels amazing. It’s really fun to send these in the mail unexpectedly.

DEAR

I’VE BEEN MEANING TO TELL YOU...

I ADMIRE YOU FOR...

I’M THANKFUL FOR...

I REMEMBER WHEN...

YOU HAVE SHOWN ME HOW...

YOU TOLD ME...

I’M GRATEFUL FOR...

I LOVE YOU BECAUSE...