

Relationship Audit

What do you need to feel more connected With Yourself?

1. Celebrate accomplishments and success more consistently.
2. Practice more positive self-talk.
3. Make decisions with confidence.
4. Know how to build trust with myself.
5. Experience laughter and fun more frequently.
6. Unwind daily and be more relaxed.
7. Better manage my needs.
8. Effective sleeping.
9. Say “yes” or “no” and mean it consistently.
10. Clearly understand my beliefs.
11. Set more boundaries with others.
12. Make decisions more intuitively.
13. Clearly communicate with others.
14. Consistently feel more confident.
15. Demonstrate my values more often.
16. TRUST my own decision making.
17. Manage difficult situations with ease.
18. Be more authentic.
19. Feel calmer and peaceful.
20. Create more experiences that bring me joy and pleasure.
21. Feel more present and centered.
22. Acknowledge more frequently what “safe” feels like.
23. Embrace more vulnerability.
24. Handle change and unpredictable circumstances with more ease.
25. Understand and trust my boundaries more clearly.
26. Recognize personal sabotaging behaviors with more success.
27. Be willing to explore and experience risk.
28. Feel more open and honest with myself.
29. Take care of myself.
30. Better express my needs.
31. Practice self-care.
32. Other _____

Adapted with permission from www.CanadaSalesCoach.com