

Relationship Audit

What do you need to feel more happy @ Home?

- 1. Communicate with others more clearly
- 2. Know and share my values more consistently
- 3. Be better able to ask for what I want
- 4. Have more life balance
- 5. Build more self-trust
- 6. Experience laughter and fun more consistently in my home
- 7. Enjoy life more
- 8. Unwind daily and be more relaxed.
- 9. Understand and appreciate my partner/family members more effectively
- 10. Enjoy spontaneity more often
- 11. Be more open to create a deeper, intimate experience in my home
- 12. Consistently feel more confident in decision making
- 13. Have better conversations with family
- 14. Take care of myself more easily in any area of life
- 15. Feel more relaxed talking about what I want and need at home
- 16. Practice gratitude more regularly
- 17. Have more positive self talk
- 18. Get more alone time
- 19. Better meet my own needs
- 20. Learn how to ask more easily for what I want/need from my family/partner
- 21. Sleep better
- 22. Celebrate life more frequently
- 23. Understand and accept my family and loved ones more easily
- 24. Make decisions more intuitively
- 25. Say no more frequently
- 26. Understand my family patterns more clearly
- 27. Set boundaries with others better
- 29. Connect more deeply with the people who live with me
- 30. Be more willing to experiment in my communication style
- 31. Other _____

Adapted with permission from www.CanadaSalesCoach.com