

Worksheet for Action Planning Dimensions of Your Life
Relationships

My Relationships Vision Statement (example)

I thrive because the positive relationships I have created fuel the activities I value and keep me eager to engage, share, and be joyful.



An Image that Triggers my energy—select from your vision board or some other source

My Theme Song:

This song brings me energy, joy, and kindles positive feelings about my relationships. Examples: You've Got a Friend in Me (Randy Newman) "Lean on Me (Bill Withers), "With a Little Help from My Friends (The Beatles).

From the previous work you have gathered, describe the stand-out insights that you want to consider in creating the positive relationships you desire.

What are the first, essential actions necessary to achieve your envisioned positive relationships?

Identify what, if any, support you will need to implement to achieve these energizing relationships.

List the on-going steps required to fulfill and sustain your relationship vision.

What other life areas support or influence success of your desired improved relationships?

What needs to happen in those areas to create a positive synergy?