

COMMITMENT TO ONGOING SUCCESS

Change Framework



♥ Willingness

Do you have enough willingness to work on your responses, your expression, and increase acceptance of differences?

♥ Knowledge

Do you understand what skills you need to improve to either speak up or be curious?

(This could include intrapersonal issues such as role models, childhood experiences, or worldview.)

♥ Conviction

Do you believe that you and your partner are entitled to see things differently?

Are you committed to making sure that you have a voice?

Your Ideal Relationship



1. If you had a realistic magic wand and could create the relationship you desire, what would it look like?

How would you each respond to one another? What would you each do to show up for the relationship?

2. What will be required of you to make it happen?

For every goal, there is action to take. If you want to be in a connected relationship, you will need to apply every bit of action to these three concepts. Most people want results without the risk, but a significant payoff requires challenge and effort.

3. Why is this kind of relationship important to you?

Knowing your "why" will make your effort worth it. Maybe you never saw a positive relationship growing up, and you want to model that for your kids. Maybe this is the first person who really tried to understand you, and you want this relationship to last.

4. What skills do you need help with?

Let's think about your reality now. Is it where you want it to be, or is something missing? What are some ways to grow?

Imagine the Future

2 WEEKS
FROM NOW:

What if you had access to support so that you knew how to have the big conversations with your partner? Imagine having the resolution process that allowed you and your partner to sit down and have your first successful conversation. What would that feel like?

1 MONTH
FROM NOW:

Imagine your partner starting to share his thoughts and feelings with you. Sometimes he might need to tell you he wants a few minutes, but you are confident he will come back to it. You have a conversation starter so you know what to do. How would that be?

1 YEAR
FROM NOW:

You go to bed at night smiling about your relationship, confident that you and your partner are secure. He truly is your best friend, and your friends and family notice the difference. You might just be the happiest couple they know.

WHAT WILL BE REQUIRED OF YOU?

There are no free lunches. If you want it, you must earn it. Most people want great results with minimal effort. It is natural and understandable, but in grown-up relationships, it takes persistent effort to make changes. Be proactive, and remember what is important to you and what is important to your partner.

To schedule your success call
or to talk about 1:1 coaching,
click here.

