### 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.)

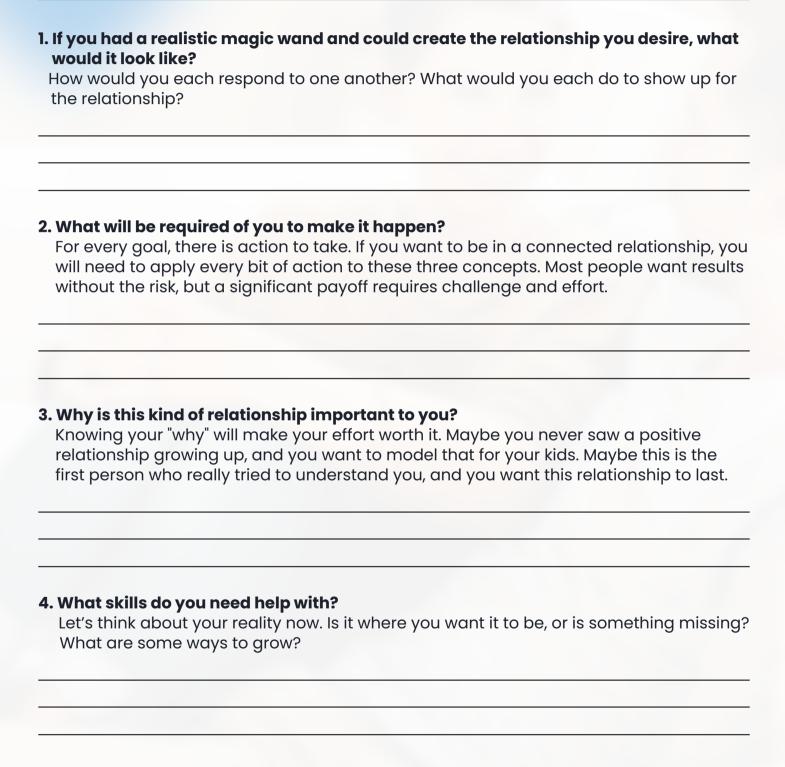
#### Conviction

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





# 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?

I MONTH

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?

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.

