



A BETTER
RELATIONSHIP

Course Workbook

(preview only content)

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Part 1: SETTING YOURSELF UP FOR SUCCESS

EXERCISE 1: Download the course workbook.

Congratulations on completing the first exercise in the course! You're off to a great start.

When you've completed the course and finished the last exercise, keep this workbook handy. As you continue to work with the concepts and practices you found most useful and you develop your relationship skill set further, you can look back on the exercises you completed with the knowledge, insight, and skills available to you at the time, and update your answers as needed. As you do, notice how your perception of yourself, the other person, and the relationship has changed, and the new possibilities that have emerged as a result.

EXERCISE 2: What is the specific change you'd like to make in your relationship?

Write down the specific change you'd like to see in your relationship as a result of taking this course. As you think about what that may be, keep in mind this exercise is foundational to the ones that follow (you'll be completing future exercises in the context of the specific change you write down), and you can update what you write any time. Here are two suggestions to consider:

1. Distill the change you're looking for to one sentence. For example, you might choose something very broad like "I'd like our relationship to be happier," or "I'd like us to be closer." Alternatively, you could choose something very specific, like, "I want to be sure my daughter feels heard," or "I'd like to establish better boundaries with my father," or "I'd like to be more supportive and less critical of my wife."
2. Make sure the change you write down is about yourself or the relationship – not the other person. For example, "I'd like my wife to stop doing such and such," or "I want to help my son understand this or that," are not good choices because they require the *other* person to change. Remember, this course is all about broadening the aperture on the changes *you* can make, and discovering the power *you* have to create the best relationship that's possible *with the other person exactly as they are*.

The specific change I'd like to see in our relationship as a result of this course is...

EXERCISE 3: What is your compelling reason to act?

Your compelling reason to act is the thing that motivated you to explore this course, and that will motivate you to complete the change you wrote down in Exercise 2. It may be something you fear, or a possibility you see for yourself and/or the other person that inspires you, or a combination of both. Do the best you can to articulate your compelling reason to act below, knowing you can come back to this exercise any time to refine your answer as you progress through the course.

My compelling reason to act is...

EXERCISE 4: What is your *intention* in the relationship?

Your intention is your ultimate goal or purpose in the relationship. For example, in my relationship with my wife my intention is to create a relationship that works well for both of us, and that we enjoy. Think of your intention as your North Star. It keeps you headed in the right direction, and

gives you something to stay aligned with as you make important choices in your relationship. When you know what your intention is you become more decisive, and you move forward more efficiently.

My intention in our relationship is...

EXERCISE 5: How committed are you to the change you wrote down?

On a scale of 1 to 10 (10 being highest), write down how committed you are to the change you wrote down in Exercise 2.

EXERCISE 6: Build a simple plan.

Write down the plan you're going to follow to complete the change you wrote down in Exercise 2. Keep in mind, a very simple plan well executed can be extremely effective.

I'm going to complete the change I wrote down in Exercise 2 by implementing the following plan:

EXERCISE 7: Contact the person who's going to support you.

Pick the person you'd like to work with as you complete the course. Someone who shares your interest in the course but is not the person you're in the relationship with would be a good fit. So, for example a close friend, a life coach, or a therapist would work well. If you'd like, feel free to contact me via my website at <https://www.abetterrelationship.com> to see if I have availability to work with you.

The person I'd like to work with as I complete the course is...

EXERCISE 8: Choose the activity you're going to pursue when you need a break.

Take a moment to decide where you're going to go or the activity you're going to pursue when you need a break, and time to put things in perspective. Pick something that's simple, like walking your dog, going for a run, playing your favorite sport, or cooking a nice meal for example.

The place I'm going to go and/or the activity I'm going to pursue when I need a break is...
