

22 February 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

The Ideal Relationship

This week, we are going to concentrate on what you would want your ideal relationship to be. More often than not, we know what we don't want & that's what we unconsciously focus on. Astonishingly most people also don't really know what their ideal relationship because they focus on certain aspects of the person as opposed to their attributes & the actual partnership. In order to get what you really need - as opposed to what you think you want - you need ask yourself specific questions (no job title, status, car, house, etc...). So take a bit of time to think and reflect on each, go with your first thoughts then push to the umptth degree.



Monday - What would you consider a deal breaker in a person? What would you consider a deal breaker in a relationship? Are those linked to the past and necessarily reflecting the future?

Tuesday - What qualities would you need in a person? What attributes would you want in a person? Think about things like kindness, sense of humour, values, etc... as opposed to the superficial stuff.

Wednesday - What qualities would you want in a relationship? What would it look like? What's important to you? What's essential to you?

Thursday - Unfortunately we have all flaws... What flaws in a person would you be happy to live with? What annoying quirks would you be happy to put up with?

Friday - There are things we won't always enjoy in a relationship too. What would you be happy to let go of? What's actually trivial and not worth sweating over/ having an argument about?

Saturday - Arguments and little tiffs happen but it's better when we are prepared. What could you do differently to get it resolved quicker? What could you do to prevent these things from even happening?

Sunday - Even when we are in a good relationship, it has to be nurtured. What could you do to improve it? What would make it even better? What would make it extra special?