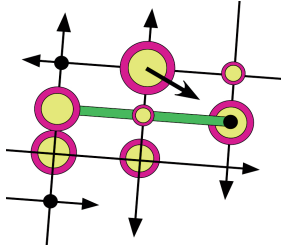


Relationships Can Be Messy



If you have been working with the previous six LifeChecks, you have been engaging with many aspects of relationships already. Choice Management, Success Habits, Uncluttering, Money Management, Standards and Boundaries all have an impact on your relationships. You probably see how these LifeChecks can help develop positive relationships by helping you be clear on who you are and what you want. When there is lack of clarity, hidden expectations and poor communication, relations can get very messy. We could also say that when there is clarity, up-front expectations and good communication, relationships can get very messy too, but not so sloppy.

Let's make an important distinction:

Self-Directed vs Self-Centered

When you are self-directed, you invest in your foundations of life; you learn what you need to grow, thrive and reach your full potential. You become aware of how your needs drive you and decide how to meet your needs in healthy, respectful ways.

Being wonderfully self-directed is knowing and taking very good care of yourself. For example, when your schedule is full, do you selfishly (and wisely) say, "No," to joining one more committee? This kind of selfishness allows you to put on your own oxygen mask first—then you have options to give generously when it really counts. Do you see how self-directed selfishness can connect to self-directed generosity?

Self-Centered, on the other hand, takes from others (time, money, space, energy, etc.) and attempts to fill itself up. Self-centeredness forms a leaky container that requires continual refilling. Self-centered people can completely drain the kindness and resources of others. They take what others might not be able to give, or might not want to give.

Becoming self-directed instead of self-centered requires taking time to know ourselves and finding the right and positive ways to fulfill our needs. How much do you need of time, energy, money, friends, and what else? What boundaries must you set against self-centeredness? How will this impact yourself and your relationships? How will you become more self-directed and in control of your choices, and less self-centered?

It's time to check your relationships at home, at work, in the community and in your inner circle of friends. Some questions to consider:

- Do you have troublesome relationships, or some parts of a relationship that keep coming up to bother you?
- Do you have unfinished business from your past that you need to make right?
- In what ways are you self-centered? How will you evolve yourself into more self-directedness?
- What are you willing to do to move into healthy, respectful relationships?

General Direction

Be kind and gentle to yourself when developing new habits, change can be difficult. It takes practice, so don't expect to get everything perfect the first time out. Since this is for **your** life, you have three options for each item.

1. When you become consistent with that item, check it off.
2. If an item does not fit what you need, rewrite it for your own purpose, check it off when consistent.
3. If you decide an item does not really matter to you, check it off because it's not a challenge for you.

12 LifeChecks for Relationships**Create your own LifeChecks:**

- | | |
|--|----------------------------|
| <input type="checkbox"/> I get along well with everyone in my family | <input type="checkbox"/> > |
| <input type="checkbox"/> I have good friends for fun and getting together | <input type="checkbox"/> > |
| <input type="checkbox"/> I have a best friend, we can talk about everything | <input type="checkbox"/> > |
| <input type="checkbox"/> I am close to my spouse or significant other | <input type="checkbox"/> > |
| <input type="checkbox"/> I enjoy working and playing with my family | <input type="checkbox"/> > |
| <input type="checkbox"/> I have good relationships with people where I work | <input type="checkbox"/> > |
| <input type="checkbox"/> Forgiveness is important for my own health and wellbeing, and I have forgiven those who have hurt me, whether it was intentional or not | <input type="checkbox"/> > |
| <input type="checkbox"/> I have let go of unhealthy relationships | <input type="checkbox"/> > |
| <input type="checkbox"/> I have asked forgiveness from those I have intentionally or unintentionally hurt | <input type="checkbox"/> > |
| <input type="checkbox"/> I communicate my boundaries clearly | |
| <input type="checkbox"/> I put people first and things second | |
| <input type="checkbox"/> I seek feedback from people in my life on how to improve our relationships | |
| <input type="checkbox"/> Date Completed 12 LifeChecks: _____ | |

Notes:

As a LifeChecks user, you agree to the following: LifeChecks are created to assist in your personal development and in creating the life you want. Your development might require professional services beyond LifeChecks such as coaching, medical, therapeutic, legal, financial, tax advice, etc. LifeChecks makes no guarantees or warranties, expressed or implied, as to results to be achieved, and shall have no liability or responsibility for any actions you take or don't take as a result of using LifeChecks materials. The services of a professionally certified coach are recommended as part of the LifeChecks process to help clarify, understand and engage the challenges and material relevant for your life.