

Thriving Relationships **Tactical Exercises**

- 1** Identify the relationships that are most important to you and write them down below in the order of importance. Making these relationships thrive is the goal of the following questions and priorities.
 - 2** Put this list in a place where you see it often.
 - 3** Take a little time each morning to map out your day and make sure your actions are in line with your priorities. Ask yourself the following questions to stay on track.
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Most Important Relationships

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Four Areas for Thriving Relationships

BODY

- What am I going to do today to improve my health?
 - How am I currently fueling my body and what are some changes I can make to ensure I'm living my best life?
 - How can I be more intentional with getting my body right so I feel the most confident when connecting with others?
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MIND

- What am I currently putting into my mind?
 - What are some positive changes I can make in my daily routine to develop a more positive mental attitude?
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SOUL

- How is my spiritual life?
 - Am I currently doing anything to strengthen this area?
 - How can I implement this into my daily routine to make sure my spiritual health is thriving?
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SERVE

- Do the people I currently have relationships with view me as someone who serves or someone who thinks about myself first?
- Who can I serve today?
- What are some things I can do to contribute to my community?