

# RELATIONSHIP MATTERS



## E-EXERCISE BOOK

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*This exercise book was created to give you some hints what can bring light in your relationship. It does not matter if it is a dormant one or a new one.*

*It is an exercise for you and your partner.*

*Being creative and honest to yourself and to your partner will be the best way to get a relevant outcome.*

*If you feel like exploring take your favorite drinks, sit comfortably but do it separately.*

*Once both of you finish then compare.*

*Creating US time and CLARITY who wants what could be the first step to flourishing your relationship.*

*So just start and enjoy.*



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## **R**ELATIONSHIP MEANS FOR ME

**(release your feelings, ideas):**

1.

2.

3.

4.

5.

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## **E**LABORATING YOUR EXPECTATIONS:

What do you really want in this relationship?

I want:

1.

2.

3.

4.

5.

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## **L**EARNING ABOUT YOU PARTNER'S EXPECTATIONS.

I think he/she wants .....

1.

2.

3.

4.

5.

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## **A**CCCEPTATION and **A**PPRECIATION OF **YOUR PARTNER.**

I appreciate my partner for:

- 1.
- 2.
- 3.
- 4.
- 5.

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## **T**RANSFERING YOUR WISHES IN A **T**RANSSPARENT WAY.

I will let him/her know that:

- 1.
- 2.
- 3.
- 4.
- 5.

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**I**GNORING WHAT YOU CAN'T CHANGE.

**I**NNOVATING.

I will do different way:

1.

2.

3.

4.

5.

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## **O**BSERVING WHAT WORKS FOR BOTH OF YOU.

It works well:

1.

2.

3.

4.

5.

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## **N**OURISHING A POSITIVE APPROACH.

Every day I could be grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

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**S**URPRISING EACH OTHER WITH **S**MALL  
THINGS AS OFTEN AS POSSIBLE.

When I finish this exercise I will do:

I would be happy if he/she did:

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## **H**ANDLING WITH MONEY.

I want to spend my traditional family, religious and other important holidays this way:

The ideal way of money handling is:

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**I**MPROVEMENT IS ALWAYS POSSIBLE.

**WE ARE LEARNING ALL OUR LIFE.**

From my partner I can learn:

I will try to be better at:

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**P**ERCEIVING OUR FINDINGS TOGETHER,  
**P**ROPOSING and **P**ROGRESSING.

Could I do it?

Could my partner do it?

Will I do it?

Will my partner do it?

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**Have you done it?**

**Have you found 5 ideas to each topic?**

**Has your partner done it?**

**Congratulations!**



**Now take a time and compare your ideas, expectations.**

**What have you found out?**

**Is it surprising?**

**More ideas?**

**Not decided yet?**

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The exercise was meant to find out how to:

- R** EDEFINE THE RELATIONSHIP – your definition.
- E** LABORATE YOUR EXPECTECTATIONS.
- L** EARN ANOUT YOUR PARTNER'S EXPECTATIONS.
- A** CCEPT AND APPRECIATE YOUR PARTNER.
- T** RANSFER TRANSPARENTLY YOUR WISHES AND THOUGHTS.
- I** GNORE WHAT YOU CAN'T CHANNGE, INOVATE YOUR RELATIONSHIP.
- O** BSERVE WHAT WORKS FOR BOTH OF YOU.
- N** OURISH A POSITIVE APPROACH (if possible every day).
- S** URPRISE EACH OTHER WITH SMALL THINGS.
- H** ANDLE WITH MONEY, make HOLIDAYS satisfy both of you.
- I** MPROVE YOUR COMMON LIFE.
- P** ERCEIVE your findings, PROPOSE and PROGRESS together.

Now consider further steps.

Let me know if you need further assistance.



*Agnes*

Your Coach

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