

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 <u>US time and CLARITY</u> who wants what could be the first step to flourishing your relationship.

So just start and enjoy.



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RELATIONSHIP MEANS FOR ME

(release your feelings, ideas):

1.

2.

3.

4.

5.

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ELABORATING YOUR EXPECTATIONS:	
What do you really want in this relationship?	
I want:	
1.	
2.	
3.	
4.	
5.	

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	LEARNING ABOUT YOU PARTNER'S EXPECTATIONS.
I think he/she wants	
1.	
2.	
3.	
4.	
5.	

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ACCEPTATION and APPRECIATION OF

	YOUR PARTNER.
I appreciate my partner f	or:
1.	
2.	
3.	
4.	
E	

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TRANSFERING YOUR WISHES IN A

TRANSPARENT WAY.

I will let him/her know that:

1.

2.

3.

4.

5.

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GNORING WHAT YOU CAN'T CHANGE.

NNOVATING.

I will do different way:

1.

2.

3.

4.

5.

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OBSERVING WHAT WORKS FOR BOTH OF YOU.

It works well:

1.

2.

3.

4.

5.

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NOURISHING A POSITIVE APPROACH.

Every day I could be grateful for:

1.

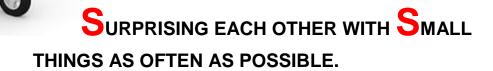
2.

3.

4.

5.

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When I finish this exercise I will do:

I would be happy if he/she did:

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HANDLING 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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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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Perceiving our findings together,

PROPOSING and PROGRESSING.

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.
- GNORE WHAT YOU CAN'T CHANNGE, INOVATE YOUR ELATIONSHIP.
- 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.
- 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

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