

# RELATIONSHIP DEVELOPMENT CHECKLIST

## INTRODUCTION

- ✓ The relationships we build enrich our lives like nothing else
- ✓ No amount of money or possessions can add to our happiness in a way close bonds with others can
- ✓ But how can we ensure that they develop and are maintained to be healthy and strong?

## STRENGTHENING YOUR FAMILY RELATIONSHIPS

- ✓ Practice living by the golden rule
- ✓ Do family responsibilities together
- ✓ Have family meetings
- ✓ Limit time with electronics
- ✓ Schedule family time
- ✓ Practice spiritual wellness
- ✓ Eat together
- ✓ Volunteer together
- ✓ Complement each other
- ✓ Think first, speak second

## STRENGTHENING YOUR FRIENDSHIPS

- ✓ Spend quality time together
- ✓ Don't neglect connecting

- ✓ Celebrate in their good fortune
- ✓ Encourage their dreams
- ✓ Enjoy new activities together
- ✓ Support them
- ✓ Limit your expectations
- ✓ Forgive their faults
- ✓ Don't take them for granted
- ✓ Pay attention to signs
- ✓ See things from their perspective
- ✓ Build memories
- ✓ Little things count

#### STRENGTHENING YOUR WORK RELATIONSHIPS

- ✓ Avoid gossip
- ✓ Manage your boundaries
- ✓ Be appreciative
- ✓ Don't interrupt
- ✓ Be clear about expectations
- ✓ Develop emotional intelligence
- ✓ Build mutual respect
- ✓ Let it set... but not fester
- ✓ Encourage open communication

#### STRENGTHENING YOUR ROMANTIC RELATIONSHIP

- ✓ Focus on giving, not getting
- ✓ Develop love for yourself
- ✓ Own up to your shortcomings
- ✓ Form a partnership
- ✓ Learn to love the ordinary
- ✓ Show affection
- ✓ Don't try to "fix" the other person
- ✓ Let go of expectations
- ✓ Make together time a priority