

How to Live On Fire RELATIONSHIPS Worksheet

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BASELINE

RELATIONSHIPS TEST – Assess the following relationships:

Your Significant Other

1 2 3 4 5 6 7 8 9 10

What's missing or what would make it a 10?

Your Family

1 2 3 4 5 6 7 8 9 10

What's missing or what would make it a 10?

Your Friends

1 2 3 4 5 6 7 8 9 10

What's missing or what would make it a 10?

Strangers (people you don't know that well but would like to know)

1 2 3 4 5 6 7 8 9 10

What's missing or what would make it a 10?

DESIGN YOUR FUTURE

Significant Other (or prospective):

Name	What do I love about him/her?	When was the last time I told him/her what I love about her?	How can I help him/her?

Family

Name	What do I love about him/her?	When was the last time I told him/her what I love about her?	How can I help him/her?

Friends

Name	What do I love about him/her?	When was the last time I told him/her what I love about her?	How can I help him/her?

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"Strangers" – people you don't know that well but would like to know better:

Name	What do I love about him/her?	When could I tell him/her that I admire them?	How can I help him/her?

Accountability:

Accountability Partner 1

Name: _____

Weekly Check-In: _____

Accountability Partner 2

Name: _____

Weekly Check-In: _____

Accountability Partner 3

Name: _____

Weekly Check-In: _____