

RELATIONSHIPS VIDEO

Video Review

After money, relationships are the next category that people have mixed up beliefs. People view relationships just as significant others. The truth is relationships are every single interaction you have with everyone, everyday. You must understand why relationships are important and how you view them. When it comes to personal relationship with significant others it is important to understand time versus focus. You need to have balance of time between work and personal time. First you need to understand what beliefs you have about relationships.

Action Steps:

1. Set a timer for 7 Minutes
2. Write down all the relationship beliefs you have, good or bad (Do not think, just write)
3. Weed out the bad beliefs, and focus on the good beliefs.
4. Create a contract with your significant other. Lay out the rules and negotiate until both of you come up with contract that works for both of you.

**Affirmation: I AM WORTHY OF HAPPY AND HEALTHY
RELATIONSHIPS WITH EVERYONE I MEET**

Make sure to stick to the contract that you have laid out, do not deviate from it. Use your journal to write down your experience everyday. Write down the good, the bad and the ugly. Use your affirmations to anchor you down when you encounter a “bad” experience. You can use the affirmation provided or create your own.

“The quality of your life is the quality of your relationships.”
-Tony Robbins

