

RELATIONSHIP IMPROVER

EXAMPLE

DATE: _____

Elevate your connections. The Relationship Improver template helps you address concerns and enhance bonds. Identify areas for improvement and envision a happier, more fulfilling outcome.

WHICH RELATIONSHIP CONCERNS ME?	WHAT ASPECTS OF IT ARE WRONG?	HOW CAN I IMPROVE IT?	WHAT OUTCOME WILL I BE HAPPY WITH?
My body	I know I am overweight	Get a diet and lifestyle that is sustainable and that I believe in	Weight loss and more self-esteem
My work colleague	He is useless and lazy and it's affecting morale in the office	He should leave the company	Harmonious inter-colleague relationships
I am without a partner	I am lonely and want someone to share my life	Join a club that caters for my interests and I may meet someone	Finding someone that shares my interests