

Stretch Your Relationship Capital

Understanding the Significance and POWER of Your Words

STRETCH YOUR RELATIONSHIP CAPITAL IN ALL AREAS OF YOUR LIFE

WHERE DO YOU WANT TO BE?

With a 1 – 10 score, list where you are currently in each area of your life.

Professional	Financially	Health/Wellness	Spiritual	Relationships

In each area, answer the following questions being very specific and detailed.

1. What goals would you like to achieve?
2. Explain what achieving these goals would mean to you? Please be specific and detailed. Close your eyes and imagine how you would see, feel, hear, what would it look like in each area.
3. What evidence will you have when you achieve this goal? What will you see, hear and/or feel? [Again write very detailed notes.]
4. Where and with whom do you want to accomplish this goal?
5. What actions are you willing to take to achieve this goal?
6. When you achieve this goal what will be the impact on other aspects of your life?
7. Thinking back, what roadblocks got in the way of this goal?
8. You already have great skills, tools and resources. Which will help you achieve this goal?
9. What other resources do you need to accomplish this goal?
10. What action steps will you take to acquire these new resources?