

Getting to Happily

8 Week Relationship MakeOver

Welcome!

Before we get started with Week 1, let's explore your *why*. Please spend about 5 minutes and write down at least 10 responses to the question:

Why are you taking steps to improve the quality of your relationship?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Take note of any responses that are fear-based, meaning you are looking to avoid or prevent something. (*See additional explanation in the email*). Place a small "x" next to each one of those fear-based reasons.

Make sure your list includes at least 3 aspirational responses, or those that look toward the future with optimism. Place an * next to each of those reasons. These reasons will be your focus as we progress through the modules.

Record or display your aspirational reasons in a place where you can easily access them to remind yourself of why you are doing this program. Dedicate a specific time of day where you will commit to review your reasons.