

Relationship Clarity Roadmap

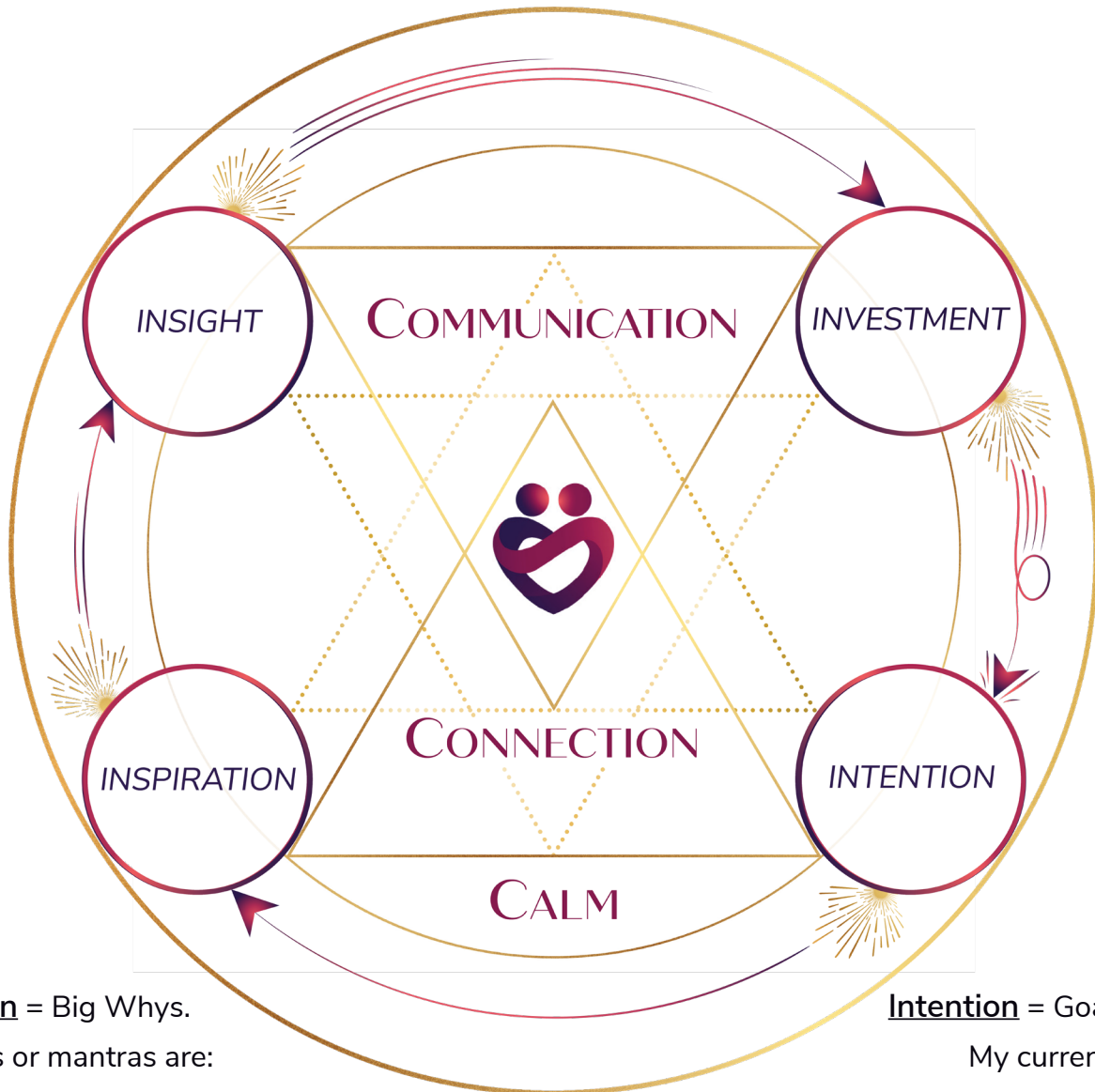
To turn your relationship dreams into reality

Insight = Areas for growth & learning.

I want to improve these Environments:

Investment = Time & Energy in Habits.

I'll start with these changes:



Inspiration = Big Whys.

My mottos or mantras are:

Intention = Goals/Dreams.

My current goals are:



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CLARITY into your REASONS & ROUTINES: Worksheet

INTENTION & INSPIRATION help you stay motivated to choose the positive, especially in tough times.

INTENTION: What are your GOALS for your relationship? (Include small, specific goals)

Example: No more fighting in front of the children

INSPIRATION: What are the MOTIVATIONS for your intentions - WHY are they meaningful?

Example: I don't want to fight in front of the children BECAUSE I want them to feel safe with us, and to have a good example for their future relationships of how to communicate without fighting.

INSIGHT into small, specific HABITS you can STOP and Start to help you achieve your INTENTIONS.

HABITS to STOP: that are interfering with each Environment being healthy. Example: "Stop interrupting"

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HABITS to START or Resume: that would help each Environment be healthier. Example: "Speak lovingly"

⇒ If you don't know which habits would help to start, make a note of that.

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