



MAEA

WORKBOOK

Redefining Your Relationships

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Use the below spaces to take notes from the videos contained in this module. The below spaces can be written into digitally, simply click on the box and start typing.

Alternatively you can print this workbook and take handwritten notes

Video One Insights

What Do You Want?

Video Two Insights

Embody It

Video Three Insights

Handling Criticism

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Redefining Your Relationships



This module is all about getting clear on what healthy relationships look like for you. If you haven't already you are encouraged to complete the other modules before you complete this one. The awareness you gain within the other modules will completely change the way you define healthy relationships. There is no right or wrong version of a healthy relationship, just your definition of what uniquely works for you.

Below are some activities that you can complete to apply the knowledge from the videos to you and your relationships.

Good luck!

YOUR MISSION ONE

The first part of your mission is to build your own healthy relationship map. This map will act as your guide as you navigate your relationships from now on. You can use it to establish is a new relationship has everything you need in it, you can also use it to audit your current relationships in your life to see where change is needed.

Top complete your relationship map you must identify two things.

1. What are the five core values that form the foundation of your relationship?
2. What do these values look like in action? What behaviours do you and the other person do that demonstrate these values?

Use the follow page to map this out.

If you need value inspiration click here to be linked to a page of values.

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I value _____

To me this means.....

I value _____

To me this means.....

MY HEALTHY RELATIONSHIP MAP

I value _____

To me this means.....

I value _____

To me this means.....

I value _____

To me this means.....

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YOUR MISSION PART TWO

The second part of your mission is to get clear on the type of person you want to be in a relationship with.

This isn't a list of what they need to look like, of be doing in their life, instead it's a list of the characteristics that they need to have in order for you to feel the way you want to feel in a relationship.

To get clear on this you will answer two questions.

How do you want to feel in a relationship?

How does the other person need to show up in order for you to feel this way? (*actions, behaviours, characteristics, values*)

There is space below for four items however if you have more feel free to map this out in a journal or on your own piece of paper.

I want to feel

In order to feel this I need the other person too

I want to feel

In order to feel this I need the other person too

I want to feel

In order to feel this I need the other person too

I want to feel

In order to feel this I need the other person too

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