
FEEL GOOD RITUALS
MY FEEL GOOD GPS
WHAT DO I WANT FROM MY RELATIONSHIP?

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Set some time aside when you won't get disturbed. Print out this page, take a pencil, turn off your phone and emails and relax. Then, start answering the questions below. Write down your thoughts. Focus on what you DO want and avoid writing what you don't want. Be short and specific as you can.

1 What do I want? What do I want to think of my relationship before I die?

2 Why does it matter?

3 How do I feel once I get there? What do I see or hear?

4 What happens if I don't achieve this goal?

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