

20 Specific Actions That Make Relationships Powerful

Review the following actions that make relationships powerful. After reading through these, write the action(s) that you'd like to begin using in your relationships on the worksheet below. Also, take note of the actions you already feel are your strengths and which ones you need to work on.

1. Express Care Show me that I matter to you.	Be dependable	Be someone I can trust
	Listen	Really pay attention when we are together.
	Believe in me	Make me feel know and valued
	Be warm	Show me you enjoy being with me.
	Encourage	Praise me for my efforts and achievements.
2. Challenge Growth Push me to keep getting better	Expect my best	Expect me to live up to my potential.
	Stretch	Push me to go further
	Hold me accountable	Insist I take responsibility for my actions.
	Reflect on failures	Help me learn from my mistakes and setbacks.
3. Challenge Growth Help me complete tasks and achieve goals	Navigate	Guide me through hard situations and systems.
	Empower	Guide me through hard situations and systems.
	Advocate	Defend me when I need it.
	Set boundaries	Put in place limits that keep me on track.

4. Share Power Treat me with respect and give me a say.	Respect me	Take me seriously and treat me fairly.
	Include me	Involve me in decisions that affect me.
	Collaborate	Work with me to solve problems and reach goals.
	Let me lead	Create opportunities for me to take action and lead.
5. Share Power Connect me with people and places that broaden my world	Inspire	Inspire me to see possibilities for my future.
	Broaden horizons	Expose me to new ideas, experiences, and places.
	Connect	Introduce me to more people who can help me develop and thrive.

List the action(s) that you'd like to begin using:

List the action(s) that you already feel are your strengths:

List the action(s) that you feel are your areas of growth:
