25 DAYS

O F R E L A T I O N S H I P F O C U S



Wannabe Balanced Coaching

Day 1: Listen to episode #14 {Acceptance in Marriage} of the Wannabe Balanced		
Podcast		
Write about how this episode relates to you, key takeaways, and new thoughts you can practice in your own relationship.		

Day 2: Identify everything that is in your "SHOULD BOOK". We all have a list of things
ve believe people SHOULD and SHOULD NOT do. Write it all out here. How do you believe
eople should behave in a relationship. What do you expect from others? What things do
jou wish they would say and do?

Day 3: What is one thing that drives you crazy about $$? Can you think of some
new ways you can view this? Why do you suppose they might do or say these things?
Consider their upbringing, fears, insecurities, preferences, ect. What things do 90U do
that might be annoying?

whom it camps to rolationships to today we're coince to spond some time writing	
when it comes to relationships. So today we're going to spend some time writing o	about
some things we learned from our parents when it applies to relationships.	

Day 5: Listen to episode #17 {It's Not All About YOU} of the Wannabe Balanced
Podcast. Write about how this episode relates to you, key takeaways, and new thought
you can practice in your own relationship.

Day 6: Today you are going to focus on seeing the world through's eyes. If you		
were him/her, how would you like to be treated, spoken to? What are some things you		
can do or say to him/her today that would be really meaningful? Think of this as just		
an experiment for the day. What kinds of things did you notice about this person?		
What did you notice about yourself? What feelings came up?		

Day 7: What is another thing that drives you crazy about $$? Can you think of
some new ways you can view this? Why do you suppose they might do or say these
things? Consider their upbringing, fears, insecurities, preferences, ect. What things do
90U do that might be annoying?

Day 8: Think about one person in your life who is challenging for you. How do you
currently feel about them? How do you want to feel? Choose a thought that helps you
feel the way you want to feel about them. Some options you might consider:
*I'm not going to give the responsibility over my emotions to them.
*Feeling negative about them only punishes me.
*I can love difficult people.
*He/she is just being a human and being a human is hard sometimes.
*He/she is doing the best they know how.
What are some more thoughts?

Day 9: Where in your life are you people pleasing? What kinds of boundaries can you set? How can you set boundaries in a loving way?

Day 10: listen to	episode #52: {0p	penness in Mari	riage} of the Wo	annabe Balanced
Podcast. Write al	bout how this edisc	ode relates to i	uou. How could u	ou be more open and
	·		yee, ,, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
vulnerable in you	r relationship?			

Day 11: Write a full page of appreciation for	What do you love about him/her?
What does he/she do or say that you love and ador	e?

Day 12: Cultivating a loving relationship with yourself is the foundation of all other relationships. Today I want you to write a letterr of appreciation to yourself. In what ways are you proud of how you show up in the world?		

Day 13: Write about a recent argument	w/ Take some time to disect what went
wrong. Avoid judgement, blaming and shaming. What role did you play? What could you	
nave done differently?	

Day 14: Nobody can make you feel good or bad. Only 90U have control over your		
reelings. Your feelings always come from what you are THINKING about what he/she		
said or did. In what ways to you give people credit for your feelings? Example: "They		

Day 15: Listen to episode #85 {Mixed Faith Marriage} of the Wannabe Balanced Podcast. Write about how this episode relates to you, In what ways do you see the worl		
differences of oppinions and beliefs. Example: "This belief is clearly serving him/her in		
her life we are all on our own journey it's so interesting to open my mind up to the way he/she sees the world I can allow him/her to have his/her own experience"		

Day 16: Notice every l waus do theu help. sho	•	•	•		
ways do they help, show love, contribute? Notice all the good in him/her today. What do you like about the way they life their life. Admire their physical appearance.					
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Day 17: Was there any relationships you had as a child that caused you pain? Whappened. Did you learn anything that needs to be changed or healed? Can you how this programming is affecting you now?	

Day 18: Write about your first best friend. What things did you learn from this relationship? How did you feel in this relationship? Loved? Judged? Insecure, jealous, envious, comfortable, confident, safe, understood, or unheard.	
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Day 19: Write about a relationship from youryoung adult years. Tell the story, what you learned from them, how they changed you, how you felt about yourself with them. How has this experience affected your current relationship?

Day 20: listen to episode #105 {Relationships & Connection}. What are some key takeaways? How does this apply to your relationship? What kinds of things can y think and do moving forward in your relationship?	Jou

Day 21: What did you learn from the group coaching sessions this month? What are	
some of your biggest struggles and or goals? Write down some things you'd like to get	
coaching on.	

Day 22: Write down all the things you love about all the relationships you have. Why described you enjoy being around them? How do they teach you and help you grow?	

Day 23: What are all the things you need and want in a relationship? In what ways	
can you meet your own needs? Why do you think meeting your own needs can benefit	
you in your life?	
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Day 24: Visualize all the times you felt loved. Play out all your best memories. Then write about one of them. What were you thinking? What were you feeling?	

Day 25: MERRY CHRISTMAS!!!! Write about all your wins for the month. How have you made progress? What would you like to improve in 2021?