



It's time to be YOU in your most important relationships!

Empowered Relationships Visualisation Worksheet

Complete this worksheet as you go through the accompanying training audio.

 *Spirit*

When I know I am being true to myself in my relationships, _____

 *Beliefs*

What would I have to believe to be true to myself in my relationships?

 *Values*

What do I value about myself? , _____

 *Freedom*

By valuing these things I am free to what? _____

 *Actions*

The actions I will take to be true to myself in my relationships are, _____

Susan Francis

Family Dynamics & Relationship Coach



It's time to be YOU in your most important relationships!

 *Boundaries*

Who or what do I need to let go of? , _____

 *Environment*

My environment reflects true self by, _____

 *Embodying*

The steps I will take to totally embody being true to myself in my relationships are, _____

