



## Strong Relationships!

### The objective

Key elements of making our relationships work are communication and getting to know one another more deeply, understanding each others points of view. Together with your significant other explore this layout chart and share some wonderful time together.

### Pause

Close your eyes and take a deep breath, imagine your relationship, how it grows and you become stronger together. When ready open your eyes.

Now we're ready. Let's go!

### Expanding

Choose 3 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card. When working with your significant other answer question 1 & 2 separately and then question 3 together

### Focus and action

Write down your main insights. Also write down three actions that you will take into your relationship - one for today, one by the end of the week and one by the end of the month.

Enjoy and Good luck :)

### [ 2 ] What does my significant other give in the relationship?

My card:

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### [ 3 ] What is the energy of our relationship?

My card:

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### [ 1 ] What do I give in the relationship?

My card:

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