

I AM A RELATIONSHIP BUILDER

It is important to me that I have solid, honest relationships, and I embrace the support I get from these good relationships. My friends, family, co-workers and others whose trust I rely on are part of my backbone.

I know that positive relationships take time to build. I am committed to staying the course because I know the benefits of having good people on my side. I spend much of my time doing things with and for others that help to solidify our bond.

I show support to those around me by listening keenly when they speak. Whether they share lamentations or expressions of joy, I take the time to listen actively and show that I am interested in the progressions of their daily life. My active participation is a sign that I care and can be counted on in times of need.

I strive to also share my emotions with others so they can know where I am coming from. When people in my circle of influence receive honest feedback from me, the bond of trust is strengthened.

Today, I commit to being a relationship builder. I vow to have honest, effective and meaningful interactions with others so I can live in harmony with them. My relationships partly define my successes in life and also serve to make the world a better place.

REFLECTION QUESTIONS

1

What steps can I take to build and maintain honest, solid relationships?

2

How does active listening enhance my relationships?

3

How can sharing my emotions with others strengthen the bonds of trust?