

## I NURTURE POSITIVE CONNECTIONS

My relationships are strong and healthy. I let others know how much they mean to me and the difference they make in my life. I treat them with respect and compassion. I value their opinions and wellbeing. I want them to be happy and successful.

My friends and family add happiness and meaning to my life. I enjoy spending time with them. I make our happiness a top priority.

I build trust. I follow through on my promises and take responsibility for my actions. I forgive myself and others for past disappointments. I am willing to offer second chances.

I work on my communication skills. I express my thoughts and feelings tactfully and directly. I listen with an open mind. I ask for feedback and practice new techniques for resolving conflicts or being more assertive.

I laugh and play. Having fun with others relieves my stress and draws us closer together.

I give generously. I share my time, resources, and talents. I welcome new neighbors and bring food to friends who are ill. I encourage my coworkers and help out with demanding projects.

I maintain healthy boundaries. I set limits that honor my needs and enable me to feel secure.

Today, I feel loved and understood. I connect with others and deepen my sense of community.

# REFLECTION QUESTIONS

**1**

How can I build trust and strengthen my relationships with others?

**2**

What communication skills can I practice to enhance my connections?

**3**

How does maintaining healthy boundaries contribute to positive and lasting relationships?