

# Life. Fun. Purpose.

With Purpose Coach Fawn Miller

## Call #20 Workbook

### Module 6.3-6.5:

YOU are at the Center

Values

Boundaries

Standards

Red Flags

Golden Relating Tools

## **YOU Are At the Center of YOUR Relationships**

Your relationships, past, present, and future, have one thing in common: **YOU**.

- The more you love yourself and intend the best for yourself, the healthier your relationships will be. Said another way, the quality of your relationships (in large part) are determined by the quality of your relationship with yo'SELF.
- If you have a high-quality relationship with yourself, and know your values, standards, and boundaries, you will likely be the conscious creator and nurturer of high-quality relationships.
- If you have a low-quality internal relationship, you will likely have people in your life who are disrespectful, passive-aggressive, unavailable, judgemental, inauthentic, or who exhibit any degree of unhealthy behavior in the dynamic.

## **YOU Get to Be “Captain Call the Shots” in YOUR Social Life**

**You *get to* decide the quality of your relationships**

### **Values**

Your values are your North Star, guide, and litmus test for the people and relationships that you have in your life.

- My *personal* values are:
  
- My *social* values are:

### **Standards**

**YOU get to choose your standards, aka *the quality of people and social situations that you have/experience in your life.***

- **Below par = settling**, little growth, 'holding you back'
- **At par = meet your values**, pretty 'on the same wavelength'
- **Above par = HELL YES!** Inspiring, growth-forward, high-respect

- **My standards for the *people* in my life include:**

- **My standards for *social situations* include:**

## **Boundaries**

**YOU get to choose your boundaries, aka what your authentic “Yes” and “No” is in any given moment, and you own the ability to unapologetically make that clear to anyone, anytime.**

- Your boundaries are your 'safety zone' for well-being.
- Reflect on your values and standards to get clear about what your boundaries are.
- Express your boundaries using NVC language, “I” language
- Include a clear consequence in expressing your boundary if necessary. Ex: *“I have a need for physical space, please stop touching my arm or I will leave this conversation.”*
- If, at any time you feel unsafe and the other person is not cooperating, you have every right to leave or seek help/support.

**Examples / kinds of boundaries:**

- *Professional*
  - *Personal*
  - *Interpersonal*
  - *Moral*
  - *Physical*
  - *Emotional*
  - *Spiritual*
- My **boundaries** for the *people* in my life include:
- My **boundaries** for *social situations* include:

## **Red Flags**

It is SOOOO important to inform ourselves about unhealthy, dysfunctional, and toxic behaviors and personality traits in others. We aren't given this information (directly) in life, and being ignorant of it can cause immense pain, struggle, psychological and emotional harm, and wasted time, energy, and life!

- **Please read through the 6.5 workbook** (when it is published) and familiarize yourself with Red Flags.
- If you detect a red flag in someone, don't try to process it in an echo chamber! Talk to your friends, therapist, coach, family to explore what might be happening.
- That said, *trust yourself*, and avoid, break away from, or cut ties with anyone who exhibits Red Flags or breaks your boundaries.

## **Golden Relating Tools**

Here are some tools that are super helpful for relating, and for creating, nurturing, and maintaining healthy relationships:)

- **Active Listening** - In essence, this is the act of *really* tuning in to the other person or people. It involves fully concentrating on what is being said, getting out of our own head, and engaging with the speaker in both verbal and non-verbal ways.
  - **I can listen more actively by:**
- **Curiosity:** tuning into and connecting with the other person by tuning into what genuinely interests *you*.
  - **The things that I am genuinely interested in about other people are:**
- **Open-Mind:** Lose the judge, story, and critic!
  - **I can be more open-minded by:**
- **Empathy:** The ability to understand and share the feelings of another.
  - **I can practice empathy by:**
- **Maintenance:** Nurturing and proactively engaging in the growth of the relationship.
  - **I can be more proactive about maintaining and nurturing my relationships by:**

- **Be proactive! Actively seek and engage with your tribe!** Here are some great ways to find and engage with your tribe:
  - [www.meetup.com](http://www.meetup.com)
  - [www.volunteermatch.org](http://www.volunteermatch.org)
  - Workshops
  - Host a dinner party or crafts night where friends bring friends
  - Suggest a group game or activity night with friends, and have them bring their friends
  - Book clubs
  - Classes
  - Exercise classes
  - Neighborhood functions
  - Flyers for events at the grocery store!
  - Networking events and social hours
  - Seminars
  - Concerts
  
- **I will proactively seek and engage with my tribe by:**

*“To create, nurture and grow a relationship, we need trust, transparency, honesty, respect, love, and most important, communication. Try removing one of these and see what happens to your relationship.” - John Koshy*