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**UPLEVEL Program**

**Guidebook**

**Training 3: Create High-Vibe Relationships that Energize and Uplift You**

## **Transform current relationships and attract new ones that inspire you to shoot for the stars.**

## **SELF-REFLECTION: What is an enlightened, empowered relationship to you?**

## The purpose of an enlightened relationship is transformation. Focus on making them transformational through: **Giving, gratitude, growth**.

## What keeps a relationship from rising to the status of an enlightened relationship?

## Blame/not taking responsibility

## Close-mindedness

## Unresolved pain or trauma

## Lack of self-awareness

## What else?

## To be an enlightened partner you need:

## **A Healthy sense of self** – inner confidence, resilience, stability

## **Healthy Emotional Management** – who controls your emotions?

## **To take 100% responsibility** – one simple way you can do this: Close open loops. Leave no loose ends.

## Avoid leaving things unresolved or unspoken - Make it a priority to clean things up. **This keeps the energy clean within *you***

## **Approach issues with an “I love you and I love me” mentality**

## **Ask for exactly what you want**…and be prepared to compromise (unless it is a deal-breaker issue for you)

## This means you know what your deal breakers are and WHY

## **Be an enlightened partner to yourself first**

## Speak to yourself in the same way you require others in partnership with you to speak to you

## Honor and respect yourself in the same way you require others in partnership with you to honor and respect you

## **SELF-REFLECTION: Where do you have open loops with others?**

## **SELF-REFLECTION: How have you NOT treated yourself as the enlightened partner that you desire to be in relationship with?**

## **SELF-REFLECTION: Who has made you angry? What was it about this that made you angry?** Note: This could be the most recent time you got angry or it could be something from the past that you haven’t fully let go of.

## **Dealing with your Feelings - ADCA**

**A – Acknowledge**: Acknowledge that you’re having the feelings you’re having. “I’m feeling really mad right now. I have a right to feel mad about this.

**D – Decide**: Decide if you want that feeling. Sometimes you might want to wallow in it for a while. That is OKAY! Just don’t stay there too long, because like your thoughts, your feelings also create more of those types of situations where you will feel that way.

**C – Choose**: Choose the way you’d like to feel instead. For example, if you are mad, maybe it is hard to imagine feeling happy, but maybe you would rather just feel more peaceful about the situation.

**A – Act**: This is where you decide to take action by releasing the not-so-good feeling and creating the new, desired feeling. This is where the things that we came up with in the last class will come in handy. Choose something from that list to help you feel closer to how you want to feel.

## **SELF-REFLECTION: Who do you want to BE in relationships?**

## **You set the tone. Be the way you want those in relationship with you to be (remember the Golden Rule). This includes…**

## Romantic partners

## Children

## Friends

## Extended family members

## Business partners and colleagues

## Clients

**HOMEWORK**

## **Activity #1: Flesh this out more….what qualities make an enlightened, empowered relationship for you?**

## Romantic partners

## Children

## Friends

## Extended family members

## Business partners and colleagues

## Clients

**Qualities I Desire in My Relationships:**

## **Activity 2: Create Your Upleveled Relationship Quality Checklist. Then use this checklist to assess the quality of your relationships against this checklist**

##  **My Upleveled Relationship Quality Checklist**

##  **My Partner Me**

## **Quality 1**

## **Quality 2**

## **Quality 3**

## **Quality 4**

## **Quality 5**

## **Quality 6**

## **Quality 7**

## **Quality 8**

## **Quality 9**

## **Quality 10**

## **Quality 11**

## **Quality 12**

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## **Activity #3:** **What specifically will I do this month to uplevel my relationships?**

**The 1-3 steps I am taking in my relationships this month are:**

1.
2.