

What would you like your relationships to look like a year from now?

Using a scale of 1 to 10 with 1 representing completely dissatisfied and 10 representing completely satisfied, how would you like to shift your relationships (if at all) over the next 12 months?

You may not talk with a sibling more than once a year. Are you completely satisfied with that? Rank that relationship near 10. Maybe you would like more connection. Rank that relationship lower.

You might have old friends who haven't changed in the same ways you have or at the same pace over the years. Are you completely dissatisfied with these relationships? Give them a rating nearer to 1.

You would like to be closer to a family member but haven't put the effort into making it happen. You might rank that one near 5.

You feel free to be yourself and completely enjoy the company of a good friend. Rank that one closer to 10.

1 _____ **10**
 Completely Dissatisfied Completely Satisfied

Rate all your significant relationships.

Name	Current Rating	Rating in 12 months
Spouse or Significant other		
Children (list each one)		
Friends and other family members (list each one)		

Rate Your Relationships

Friends and other family members (list each one)		
Business relationships (list each one)		

