

SPRING CLEAN YOUR *Relationships*



Here are some questions to help you spring clean your relationships:

- ~Is my husband getting the best part of me or is he getting the stale leftovers?
- ~What is my mood like when I'm around him? Am I irritated with him or happy to see him?
- ~Am I complaining about him more than I am grateful for him?
- ~Are my kids driving me CRAZY all the time? (YES, your kids will drive you nuts at times but that shouldn't be the norm). Identify what drives you crazy?
- ~Are there any times of enjoyment? If so when?
- ~Would my kids say they have a happy mom or a stressed-out mom?
- ~How do you feel about yourself? Do you feel like you screw up all the time?
- ~Are you taking time each day for self-care and focusing on your Daily Wins?

BE A GOOD FINDER:

1. What do I love about my husband? What was I first attracted to in him? Write down the things that you love. Find the good in him and think of a way to tell him how much you appreciate him.

2. Do the same for each child. What do you enjoy about each child? What part of their behavior are they doing right? Find the things they are doing right and praise them for that.

3. Stop for a few minutes and look at yourself. What are you doing good? Where are you getting it right? Turn your paper over and write down at least 5 things you are doing well.