

## RELATIONSHIP REMEDIES MINI SERIES:

*Figuring out your relationships during lockdown*

A 10-topic conversation about how to make your relationships better with some extra time and a lot of love!

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### WHAT WE NEED HERE IS COMMUNICATION!

Not much can be accomplished without communication. This is a critical part of making any positive changes and should be the focus here.

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### WHAT IS THE PLAN?

Hopefully you have had the chance to communicate your feelings to your friends and family. Now it is the time to develop a plan on what you would like to see or feel different about.

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### FIGURE OUT A TIMELINE

Now that you have a plan, it is time to put a deadline to it. What does the timeline look like to execute your plan? Days? Weeks? Months? Determine what that looks like here.

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### TIME TO IMPLEMENT!

You have figured out aspects that you would like to change about yourself and your situations and develop a plan. Now it is time to implement! Remember, focus on your goals and what you would like to accomplish.

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### REMEMBER THESE MOMENTS!

Just like everything, this too will pass. So, as you begin to grow as an individual and a great resource for your family, celebrate those moments and remember them!