

## Relationships – Healthy and Otherwise

- ❑ Wise Woman Wisdom
  - ❑ Never let ANYONE blow out your LIGHT!
  - ❑ “Find somebody whose bad habits you think you can live with.” (Clara Grable)
  - ❑ **And**, know what bad habits you will NEVER put up with or live with. Your happiness depends on it.
  - ❑ You know yourself better than anyone else.
  - ❑ Figure out what you NEED to be happy, something you can’t live without.
    - ❑ How do you learn those? -- Your life is your classroom.
    - ❑ Don’t settle for anything less.
    - ❑ “Expect the same of your man (or lady) that you do of your self.” (Clara Grable)
  - ❑ The only person you can ever change is yourself. -- That is also the best, most authentic person you can ever be.
  - ❑ It is not healthy or reasonable to expect one person to fill all of your needs – even if they are your Soul Mate.
    - ❑ **Wheel of Relationships**
- ❑ Are your relationships healthy ones – healthy to your body, mind, and spirit?
  - ❑ **Healthy Relationship Checklist**

## Moving Forward

- ❑ Relax and Learn
  - ❑ The objective is to find a mutual fit, a good connection, happiness
    - ❑ Be yourself
    - ❑ Be positive and optimistic
      - ❑ Experience and education are never wasted
      - ❑ Opportunities often arise in surprising circumstances
    - ❑
- ❑ What else?

