

SPRING CLEAN YOUR *Relationships*



Here are some questions to help you Spring Clean your Relationships:

1. Is my husband getting the best of me or is he getting the 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?

2. Are my kids driving me crazy? (Yes, your kids will drive you nuts sometimes but it shouldn't be the norm) Identify what is driving you crazy?

- Are there any times of enjoyment If so when?

-Would the kids say they have a happy mom or a stressed out mom?

3. How do you feel about yourself? Are you beating yourself up??

Are you taking time for self-care and focusing on your daily wins?

BE A GOOD FINDER:

What do I love about my husband ? What was I first attracted to in him? Write down the things that you love and the good.

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.

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.
