



RENEW  
WELLNESS

# RELATIONSHIP HEALTH AND WELLNESS

GUIDE TO SORTING OUT THE  
RELATIONSHIPS IN YOUR  
LIFE TODAY.

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Who are the people in my life?

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What is this person's relationship to me? (i.e., co-  
worker, relative, childhood friend, associate)

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What does this person mean to me?

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DESCRIBE THE  
RELATIONSHIP

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How does this person support me?  
(i.e., emotionally, spiritually, financially)

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What makes this relationship necessary in  
my life at this time?

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How does this relationship add value to my  
life today?

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# RELATIONSHIP HEALTH AND WELLNESS

Healthy Relationships	Unhealthy Relationships

Relationships I will maintain	Relationships I will end

## **Relationship Wellness Plan**

(i.e., how do I maintain my healthy relationships, how will I end my unhealthy relationships)

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