

Communication

WORKBOOK

Cultivating Connections

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ABOUT

D r . K e n

I didn't set out to write a communication workbook. I created it because I've spent decades sitting with people who care deeply, and still feel stuck, misunderstood, or disconnected.

I've watched couples who love each other talk past one another. Leaders who communicate clearly at work but shut down at home. Good people who say, "I don't know what else to do... I'm trying."

What I learned early on is this: most communication problems aren't about what to say. They're about what happens inside us before we speak: tension, fear, old habits, the urge to protect ourselves. Insight helps. But insight alone rarely holds up when emotions rise.

Over the years, working in therapy rooms, treatment centers, classrooms, and leadership settings, I began paying closer attention to the moments just before communication breaks down. The pause that never happens. The feeling that goes unnamed. The pattern that repeats.

This workbook grew out of those moments.

It's not a script. It's a structure. A way to slow things down, notice what's happening within you, and practice communication as a skill , not a personality trait.

If you're here, you probably already value connection. You may just be tired of guessing, reacting, or hoping things will change on their own.

You don't need to be perfect to improve communication. You need awareness, practice, and a place to start.

I'm glad you found your way here.

Dr. Ken

UNLEASH YOUR LIONHEART

Coaching | Men's Groups | Business Consulting

Mindset. Motivation. Mastery

npr
Psychology Today

.....

WELCOME



GLAD YOU ARE HERE

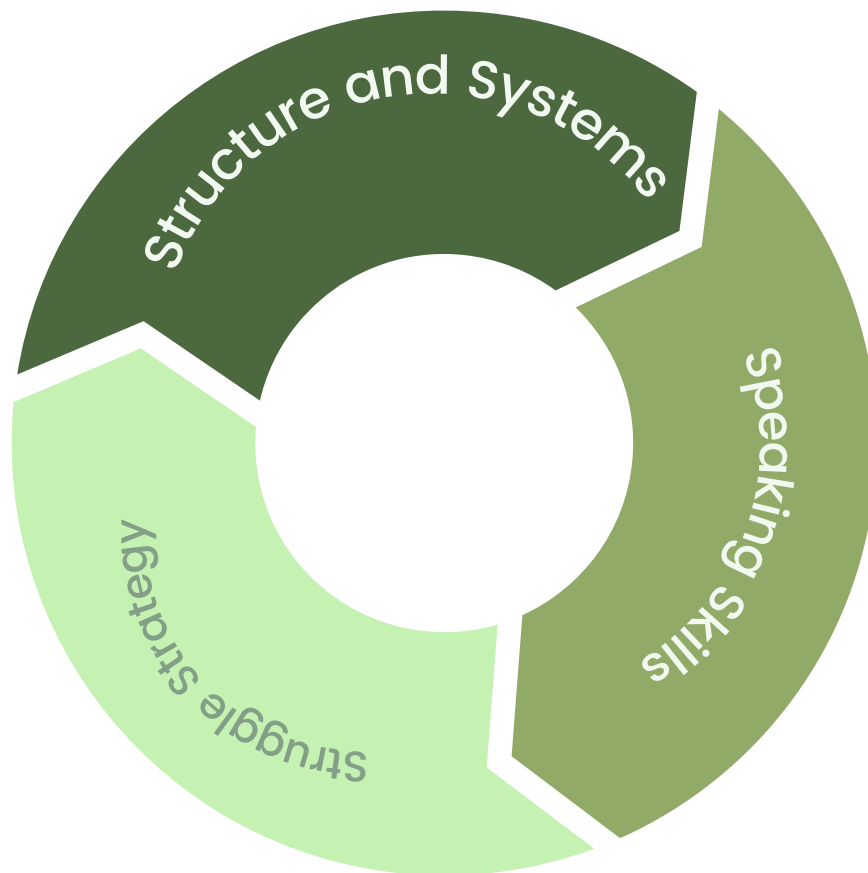
We often struggle in life. We sometimes take different roads, but some are shorter than others. I appreciate your willingness to make important change in your life.

Thank you for your trust and willingness to join me on this piece of your journey. You belong here as we journey together.

CREATING COMMUNICATION

OVERVIEW

Communication Flows through Several Interlocking Elements



The Sensational Six S's

These three elements are central to communication. We should have a general structure in the relationship, specific skills for daily use, and steps to manage challenges as they arise. .

STEP

1

STRUCTURE AND SYSTEMS

*The way we communicate with ourselves and others
ultimately determines the quality of our lives.*

Tony Robbins





STEP

Structure and Systems

How can I improve my communication skills and establish consistent communication practices?

I get asked this question all the time. Effective communication is a crucial aspect of our personal and professional lives. Whether it's expressing our thoughts, building relationships, or achieving our goals, communication plays a pivotal role. However, many individuals struggle with this essential skill, hindering their growth and success.

For just a moment, imagine the benefits of having strong communication skills and maintaining consistent communication practices. Picture yourself confidently expressing your ideas, fostering deeper connections with others, and achieving greater clarity in your personal and professional pursuits. By mastering effective communication, you can unlock a world of possibilities and enhance your overall quality of life.

This is why we are here. It's time to take charge of your communication abilities and establish consistent practices that will propel you forward. Through self-assessment and targeted improvement, you can develop the necessary skills to communicate with clarity, empathy, and confidence. By investing in your communication skills, you invest in your personal and professional growth.

Don't let communication barriers hold you back any longer. Give yourself the gift of fully committing to this journey of self-assessment and consistent communication practices, and witness the transformative power it can have on your life. The following steps help to lead you forward.

KNOW MYSELF

BE COURAGEOUS, MARK ALL THAT APPLY
AS COMMUNICATION AREAS FOR
PERSONAL GROWTH

GENERAL

Question 1

I am able to express my thoughts and ideas clearly.

Yes No

Question 2

I actively listen to others and make an effort to understand their perspectives.

Yes No

Question 3

I effectively use verbal and non-verbal cues to convey my message.

Yes No

Question 4

I adapt my communication style to suit the needs and preferences of different individuals or groups.

Yes No

Question 5

I engage in open and honest communication, even in challenging or sensitive situations.

Yes No

Question 6

I am able to deliver presentations or speeches confidently and effectively.

Yes No

Question 7

I am able to communicate in writing clearly and effectively.

Yes No

Question 8

I am aware of cultural differences and adapt my communication style accordingly.

Yes No

Question 9

I actively seek opportunities to improve my communication skills through training or learning.

Yes No

Question 10

I am able to influence and persuade others through my communication.

Yes No

KNOW MYSELF

BE COURAGEOUS, MARK ALL THAT APPLY
AS COMMUNICATION AREAS FOR
PERSONAL GROWTH

SELF

Question 1

I engage in positive self-talk and affirmations to support my well-being.

Yes No

Question 2

I am able to identify and express my emotions and needs to myself.

Yes No

Question 3

I listen to my inner thoughts and intuition when making decisions.

Yes No

Question 4

I set clear and realistic goals for myself and communicate them effectively.

Yes No

Question 5

I give myself permission to take breaks and practice self-care when needed.

Yes No

Question 6

I am compassionate and understanding towards myself when facing challenges.

Yes No

Question 7

I actively reflect on my thoughts and actions to promote personal growth.

Yes No

Question 8

I communicate my values and beliefs to myself, staying true to who I am.

Yes No

Question 9

I express gratitude and appreciation for my own strengths and accomplishments.

Yes No

Question 10

I communicate my boundaries and prioritize self-respect and self-care.

Yes No

KNOW MYSELF

BE COURAGEOUS, MARK ALL THAT APPLY
AS COMMUNICATION AREAS FOR
PERSONAL GROWTH

MY PARTNER

Question 1

Our communication in the relationship is open and honest.

Yes No

Question 2

We effectively resolve conflicts and disagreements through communication.

Yes No

Question 3

We actively listen to each other without interrupting or becoming defensive.

Yes No

Question 4

We express appreciation and gratitude for each other regularly.

Yes No

Question 5

We are able to discuss sensitive topics without it turning into an argument.

Yes No

Question 6

We make time for regular, meaningful conversations with each other.

Yes No

Question 7

We effectively communicate our love and affection for each other.

Yes No

Question 8

We communicate our future goals and aspirations as a couple.

Yes No

Question 9

We regularly check in with each other to ensure our needs are being met.

Yes No

Question 10

We are able to compromise and find mutually satisfactory solutions through communication.

Yes No

KNOW MYSELF

BE COURAGEOUS, MARK ALL THAT APPLY
AS COMMUNICATION AREAS FOR
PERSONAL GROWTH

MY WORK

Question 1

Communication with my coworkers is clear and effective.

Yes No

Question 2

We collaborate and communicate well as a team.

Yes No

Question 3

We provide constructive feedback to each other in a respectful manner.

Yes No

Question 4

We openly share information and resources to support each other's work.

Yes No

Question 5

We communicate and coordinate effectively to meet project deadlines.

Yes No

Question 6

We actively listen to each other's ideas and perspectives.

Yes No

Question 7

We communicate and address conflicts or disagreements in a professional manner.

Yes No

Question 8

We maintain open lines of communication to keep everyone informed and updated.

Yes No

Question 9

We communicate and support each other's professional growth and development.

Yes No

Question 10

We communicate our appreciation and recognition for each other's contributions.

Yes No

RULES

CONSIDER THE FOLLOWING RULES OF
COMMUNICATION

WHICH CAN YOU START TODAY?

1. **Listen actively:** Give your full attention to your partner when they are speaking, without interrupting or formulating responses in your mind.
2. **Use "I" statements:** Express your thoughts and feelings using statements that begin with "I" to take ownership of your emotions and avoid blaming or accusing your partner.
3. **Avoid criticism:** Instead of criticizing your partner, focus on expressing your needs and desires constructively.
4. **Practice empathy:** Try to understand and acknowledge your partner's perspective, even if you disagree. Empathy fosters understanding and connection.
5. **Be honest and transparent:** Build trust by being open and honest in your communication. Share your thoughts, concerns, and joys with sincerity.
6. **Avoid defensiveness:** Instead of becoming defensive when faced with criticism or conflict, try to remain calm and receptive to your partner's viewpoint.
7. **Use non-verbal cues:** Pay attention to your body language, facial expressions, and tone of voice. Non-verbal cues can greatly impact how your message is received.
8. **Take responsibility for your emotions:** Avoid blaming your partner for how you feel. Instead, take responsibility for your emotions and communicate them effectively.
9. **Practice active problem-solving:** When conflicts arise, work together to find solutions that satisfy both partners. Focus on finding compromises and common ground.
10. **Express appreciation:** Regularly express gratitude and appreciation for your partner's efforts, actions, and qualities. Positive reinforcement strengthens the bond between you.
11. **Take breaks when needed:** If emotions run high during a discussion, agree to take a break and revisit the conversation when both partners are calmer and more collected.
12. **Be mindful of timing:** Choose appropriate moments to discuss important or sensitive topics. Avoid bringing up serious matters during heated or stressful times.
13. **Communicate regularly:** Make time for regular check-ins and meaningful conversations to stay connected and updated on each other's lives.
14. **Avoid using absolutes:** Instead of using words like "always" or "never," focus on specific instances and behaviors. Absolutes can escalate conflicts and create defensiveness.
15. **Avoid mind-reading:** Don't assume you know what your partner is thinking or feeling. Ask questions and seek clarification to avoid misunderstandings.
16. **Practice forgiveness:** Let go of past grievances and practice forgiveness when your partner apologizes genuinely. Holding onto grudges hinders effective communication.
17. **Be present in conversations:** Minimize distractions and give your full presence to your partner during conversations. Put away phones or other devices that may hinder your focus.
18. **Seek professional help when needed:** If communication challenges persist or become overwhelming, consider seeking guidance from a couples therapist or relationship counselor. They can provide valuable insights and tools to improve your communication skills.
19. **Focus on solutions, not just problems:** When discussing concerns or issues, shift the focus towards finding solutions together. Collaborate as a team to address challenges and work towards resolution.

STEP 1

REFLECTION

Of those identified, which is the most important communication that I want to change?
What makes this one so important?

Exercise: Close your eyes, and take a few relaxing breaths. Take a few minutes to scan through your life history. Identify situations when you had this important communication pattern or learned lessons about that pattern from others. Scan through life in childhood, adolescence, early adulthood, and through today. Based on what you find, what did you learn about the roots and experience of this communication?

ETHAN'S STORY



Could this be you too?

I Changed My Life

Ethan had always been known for his kind heart and warm smile, but he carried a deep secret that weighed heavily on his shoulders. He had a communication problem that affected his relationships, particularly with his loved ones. Ethan was aware that his inability to express his thoughts and feelings clearly had caused misunderstandings and frustrations in his relationships. He longed for deeper connections and meaningful conversations, but his fear of being vulnerable held him back.

Ethan realized that he couldn't continue down the same path. He yearned for change and knew that it had to start with him. Determined to overcome his communication struggles, he embarked on a journey of self-discovery and growth. Ethan sought guidance from books, attended workshops on effective communication, and eventually met Dr. Ken. He learned valuable techniques and strategies to express himself authentically, actively listen, and understand others' perspectives.

As Ethan implemented these newfound skills in his relationships, he witnessed a remarkable transformation. His loved ones noticed the change and felt a deeper connection with him. Conversations became more meaningful, conflicts were resolved with compassion and understanding, and trust blossomed. Ethan's newfound ability to communicate openly and honestly not only improved his relationships but also had a profound impact on his overall well-being. He felt a sense of liberation as he shed the weight of unexpressed emotions and allowed himself to be vulnerable.

With his communication skills honed, Ethan experienced a newfound happiness in his life. He formed stronger bonds with his family and friends, and his professional relationships flourished. He felt empowered to chase his dreams and pursue his passions with clarity and conviction.

Ethan's journey taught him that change is possible when we acknowledge our shortcomings and commit to personal growth. Through consistent effort and a willingness to learn, he discovered the transformative power of effective communication.

Today, Ethan lives a fulfilling and happy life surrounded by loved ones who cherish and understand him. He serves as an inspiration to others, reminding them that change starts from within, and the power to transform our relationships and lives lies within our own hands.

STEP

2

SPEAKING SKILLS

*The idea is to write so that the words slide through the brain
and straight to the heart*

Maya Angelou



2

STEP

SPEAKING SKILLS

Once we understand how we got to this place, we can use this knowledge as the springboard to our future. Once we understand the challenges we want to change, that helps to clarify the direction we want to go toward.

Consider the things you discovered in Step 1. Often it is not our fault. We were never taught this in school, or we may have had painful experiences that taught us to avoid communication in this specific way.

On the following pages, identify tools you can begin to practice to make progress forward.



CONVERSATION STARTERS

Sometimes we find that we just don't know what to say. Here are 20 conversation starters to help engage communication.

1. What is your most cherished childhood memory?
2. What are your core values, and how do they shape your life?
3. What are your dreams and aspirations for the future?
4. What are your favorite ways to relax and recharge?
5. What is something that makes you feel alive and inspired?
6. How do you handle challenges or setbacks in life?
7. What are your top love languages, and how can I best show you love and appreciation?
8. What is your favorite book, movie, or song, and why does it resonate with you?
9. What does an ideal day together look like for you?
10. How do you envision our relationship in five years?
11. What is a quality or trait in me that you appreciate and admire?
12. How do you like to communicate and receive love during difficult times?
13. What are your favorite hobbies or interests, and how do they bring you joy?
14. What is something you've always wanted to try or learn?
15. How do you define success and fulfillment in life?
16. What is the most valuable lesson you've learned from past relationships?
17. How do you like to celebrate special occasions or milestones?
18. What is a fear or challenge that you've overcome, and how did it shape you?
19. What is your favorite way to show affection or intimacy?
20. What do you appreciate most about our relationship, and what can we do to make it even stronger?

Remember, the key to meaningful conversations is active listening, empathy, and creating a safe and non-judgmental space for each other to share. These questions can serve as a starting point to explore deeper topics and understand each other's perspectives, fostering a stronger bond and a deeper connection.

CONVERSATION STARTERS

Improving communication is crucial for building a strong and healthy relationship. Different people like different activities. Having a menu to choose from can help to be active with one that you both love. Here are fun activities for couples that can also help enhance communication skills:

Relationship Quiz: Take a relationship quiz together and discuss your answers, learning more about each other's preferences and perspectives.

Appreciation Exercise: Take turns expressing appreciation for each other by sharing specific qualities or actions you value and admire.

Journaling: Keep individual journals and dedicate some time each week to write about your thoughts, feelings, and experiences. Share excerpts with each other.

Book Club: Choose a book to read together and schedule regular discussions to share your thoughts, insights, and how the book relates to your relationship.

Bucket List Planning: Create a shared bucket list of activities, dreams, and goals you want to accomplish together. Discuss and prioritize the items on your list.

Weekly Check-In: Set aside a specific time each week to have a structured conversation about how you both are doing, your emotions, and any concerns or needs.

Active Listening Game: Take turns being the speaker and the listener. Practice active listening by paraphrasing, reflecting, and truly understanding each other's messages.

Puzzle Night: Work on a jigsaw puzzle together, engaging in conversation and teamwork to complete the puzzle.

Relationship Vision Board: Create a vision board together, using images, words, and symbols that represent your ideal relationship and future aspirations.

Conflict Resolution Role-Play: Act out different scenarios where conflicts might arise, practice effective communication and problem-solving techniques.

Mindfulness Meditation: Practice mindfulness meditation together, focusing on the present moment and deepening your connection.

Random Acts of Kindness: Plan and execute surprise acts of kindness for each other, showing love and appreciation through small gestures.

Travel Planning: Plan a future trip together, discussing destinations, activities, and budget. It can spark exciting conversations and shared anticipation.

Creative Art Session: Engage in an art activity together, such as painting, sculpting, or drawing, expressing yourselves visually and discussing your creations.

Role Reversal Date: Take on each other's roles for a day or an evening, experiencing the challenges and perspectives of the other person.

Relationship Goals Exercise: Discuss your individual and shared relationship goals, aligning your visions and identifying steps to work toward them together.

Dream Sharing: Spend time talking about your dreams, both literal and figurative, and explore the symbolism and emotions behind them.

Technology-Free Time: Set aside designated periods of time where you disconnect from technology and have uninterrupted conversations, deepening your connection.

SPEAKING SKILLS

CULTIVATING COMMUNICATION

1) Relationship with Ourselves:
What are the best qualities of the person I am becoming?

2) Relationship with Our Health:
What is our vision for our healthy living? Does this include any practices for physical movement, diet, or rest?

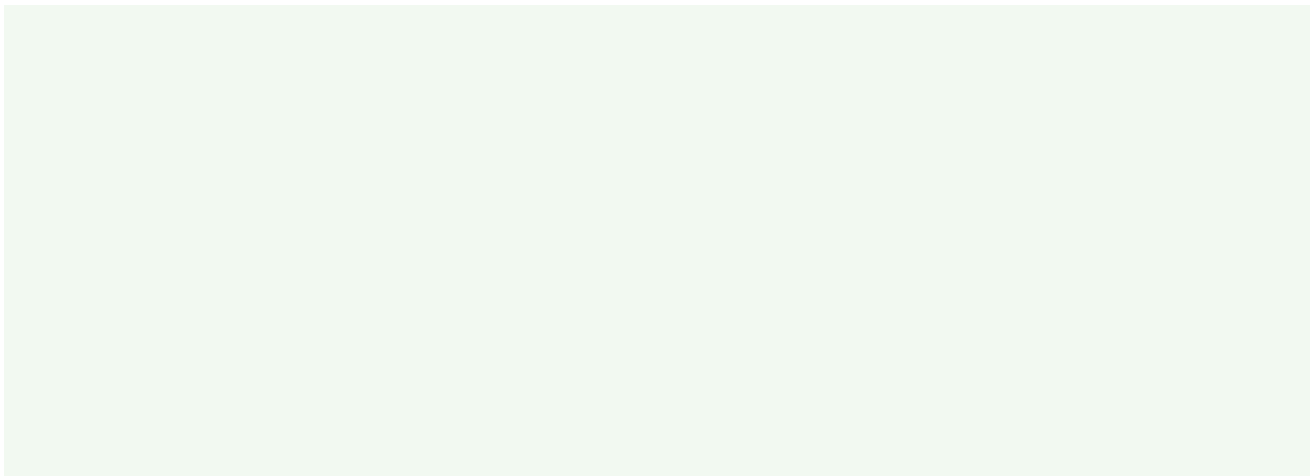
3) Relationships with Others: What is our vision for our primary relationship (e.g., spouse, date), as well as our larger circle of friends and extended family?

4) Relationship with our Work:
What activities do I engage in that bring value to myself and my family, financially or otherwise? These things bring my unique skills to the world.

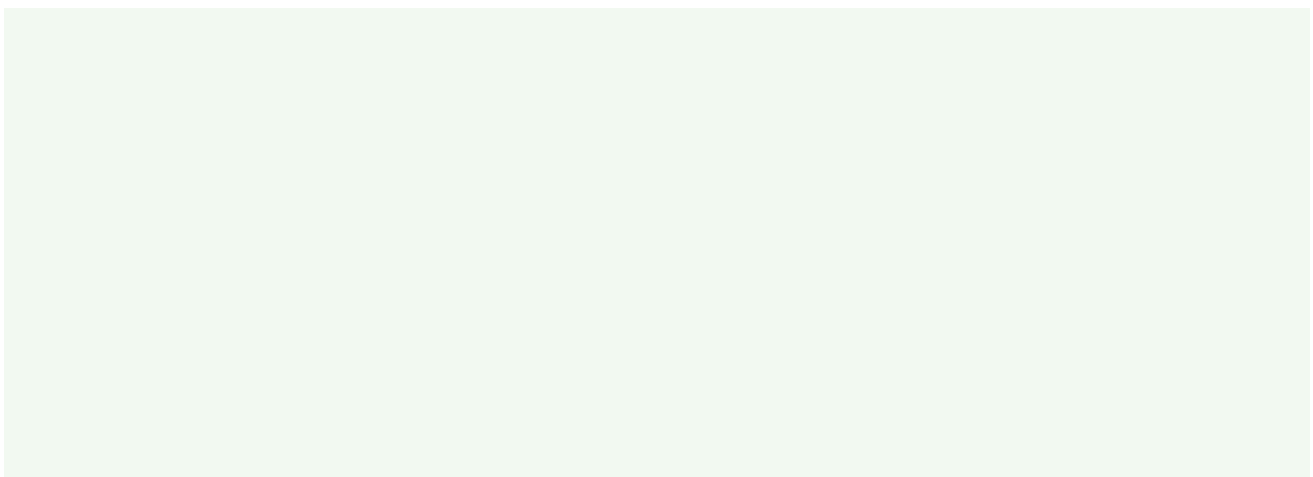
S T E P 2

REFLECTION

What is the most important insight I have learned in this step?



Based on what I have learned what is the next right step?



STEP

3

STRUGGLE STRATEGY

The less people know, the more they yell

Seth Godin



3

STEP STRUGGLE STRATEGY

Once we understand our direction and have begun to practice effective communication, we need to plan to manage challenges that may arise.

On the following pages, identify some of the challenges that may arise for you personally, and what is your personal plan.



RISK AREAS

Building a strong and lasting relationship requires more than just love and affection; it necessitates a realistic understanding of the potential risks and challenges that may arise. This worksheet aims to help individuals recognize and plan for common risks of conflict and divorce. By addressing essential topics such as communication problems, infidelity, financial issues, and more, this worksheet provides an opportunity for introspection and proactive planning. By being aware of these potential pitfalls and preparing strategies to navigate them, couples can fortify their relationship against potential threats and build a resilient foundation for a fulfilling and lasting partnership.

Take a moment to mark any of these that might be a concern in your relationship.

1. Communication problems
2. Infidelity
3. Financial issues
4. Lack of intimacy or sex
5. Unrealistic expectations
6. Differences in values or beliefs
7. Incompatibility
8. Addictions or substance use
9. Jealousy or possessiveness
10. Lack of trust
11. Parenting disagreements
12. Domestic violence or abuse
13. Emotional neglect or lack of support
14. Career or work-related stress
15. Cultural or religious differences

Recognizing and planning for the common risks of conflict and divorce is an essential step in safeguarding the health and longevity of a relationship. This worksheet has guided you through an exploration of various factors that can strain a partnership, from communication problems to cultural or religious differences. By delving into these potential challenges, you have gained valuable insights and identified areas where proactive measures can be taken to mitigate risks. Remember, open and honest communication, mutual understanding, and a willingness to address these issues head-on are key to navigating difficult times. By investing time and effort in strengthening your relationship, you can build a solid foundation that withstands the test of time and adversity. So, take the knowledge gained from this worksheet and embark on a journey of proactive planning and growth, creating a resilient bond that can weather any storm.

CONVERSATION STARTERS

Self-assessment is a powerful practice for gaining insight into the dynamics of your relationship and identifying potential risks that could lead to conflict and divorce. This worksheet provides a broad set of questions to help you assess these risks and evaluate the health of your partnership. By honestly reflecting on topics such as effective communication, trust, compatibility, boundaries, and more, you can gain a deeper understanding of the strengths and areas for growth in your relationship. This self-assessment is an opportunity to nurture self-awareness and take proactive steps toward building a strong and fulfilling partnership.

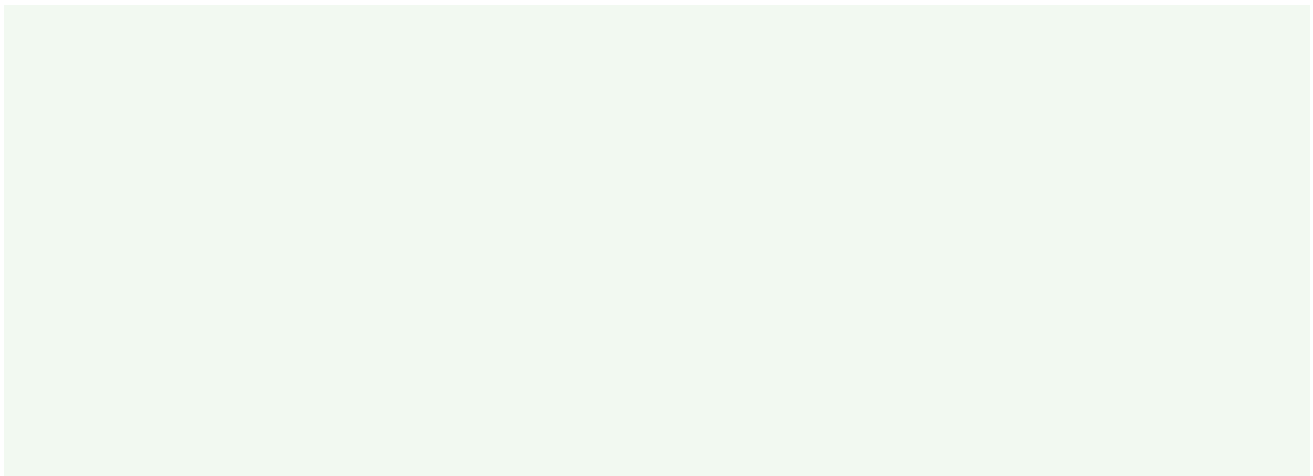
1. Do you feel heard and understood by your partner when you express your feelings or concerns?
2. Are you honest and transparent with your partner about your finances and debts?
3. Do you make time for intimacy and physical affection with your partner?
4. Do you have realistic expectations about your relationship and your partner?
5. Do you share similar values and beliefs with your partner?
6. Are you compatible in terms of your personalities, interests, and lifestyles?
7. Are you able to manage your addictions or substance use, and seek help if needed?
8. Do you trust your partner and feel secure in your relationship?
9. Do you and your partner agree on how to raise your children?
10. Do you feel safe and respected in your relationship, free from any form of abuse or violence?
11. Do you provide emotional support and validation to your partner?
12. Do you communicate effectively and respectfully with your partner, even during conflicts or disagreements?
13. Do you prioritize your relationship and make time for quality time together?
14. Do you make decisions together as a team, rather than unilaterally?
15. Do you actively work to resolve conflicts and disagreements, rather than avoiding or ignoring them?
16. Do you take responsibility for your own actions and mistakes, and apologize when necessary?
17. Do you express gratitude and appreciation for your partner, and show them that you value them?
18. Do you avoid being controlling or possessive of your partner?
19. Do you listen to your partner's perspective and try to see things from their point of view?
20. Do you avoid using manipulation or guilt to get your way in the relationship?
21. Do you avoid using ultimatums or threats to control your partner or the relationship?
22. Do you avoid using the silent treatment or other forms of passive-aggressive behavior?
23. Do you actively seek to resolve any issues of trust or betrayal in the relationship?
24. Do you avoid criticizing or blaming your partner for their faults or mistakes?
25. Do you make an effort to understand and appreciate your partner's love language?
26. Do you avoid making important decisions when you or your partner are angry or upset?
27. Do you respect and support each other's individual goals and aspirations?
28. Do you seek professional help or counseling if needed to address any issues in the relationship?

Engaging in a self-assessment of the risks of conflict and divorce is a vital step toward fostering a healthy and thriving relationship. By investing in your relationship and nurturing its foundations, you can create a resilient partnership that can navigate challenges and foster long-lasting love and happiness.

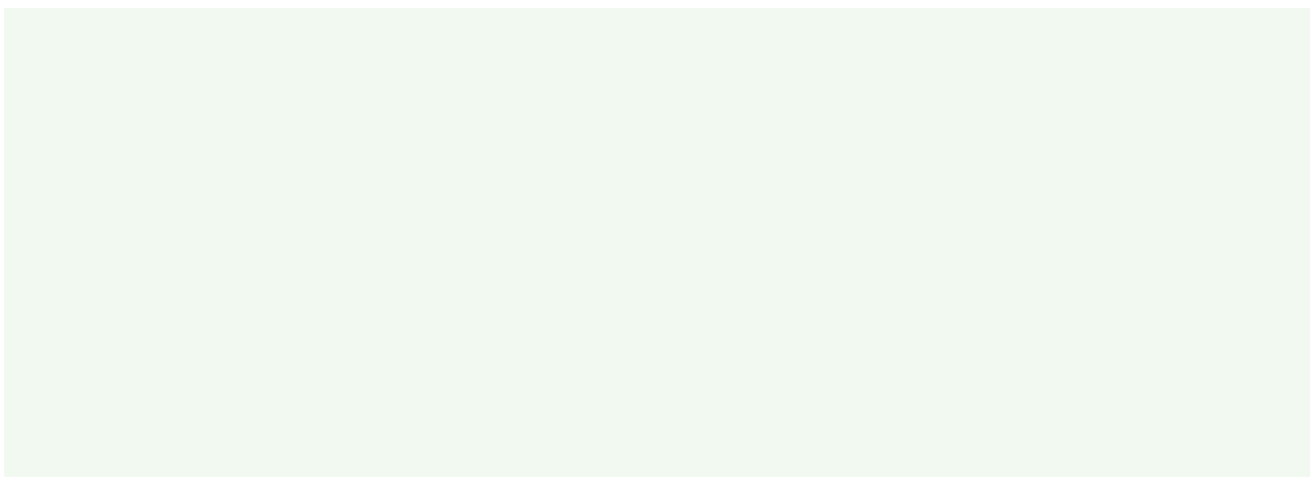
STEP 3

COMMITMENT

Based on your review of these risk areas. What are the top three areas to monitor?



What would it mean to you if these risk areas were not addressed?



CONFLICT RESOLUTION

Conflict is an inevitable part of any relationship, and how couples manage it can greatly impact the health and longevity of their bond. To navigate disagreements with respect and understanding, it is essential to establish a set of rules that guide the process. This worksheet outlines 30 rules for couples to manage conflict effectively. By adhering to these guidelines, partners can create an atmosphere of open communication, empathy, and cooperation, fostering a stronger and more harmonious relationship.

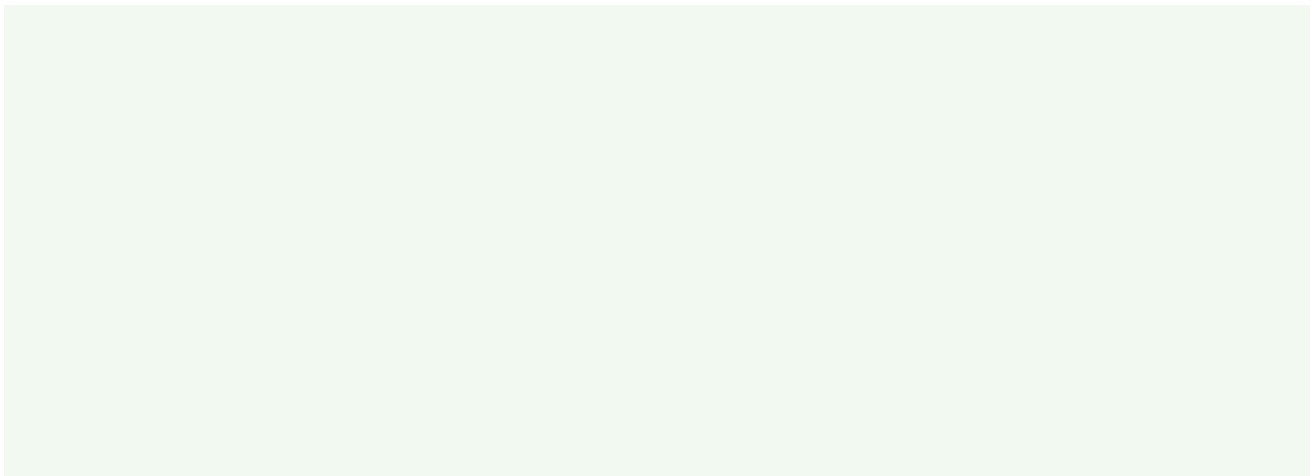
1. Take a break and cool off before trying to resolve the conflict.
2. Take a time-out if necessary and come back to the conversation when emotions have cooled down.
3. Avoid using blame, criticism, or attacking language during the argument.
4. Listen actively and try to understand your partner's point of view.
5. Use empathy and try to put yourself in your partner's shoes.
6. Practice active listening and reflect back what your partner has said to ensure understanding.
7. Validate your partner's feelings and emotions, even if you don't agree with their perspective.
8. Use "I" statements instead of "you" statements to express your feelings.
9. Use "we" statements to emphasize that you are in this together and working towards a common goal.
10. Focus on the issue at hand and avoid bringing up past conflicts.
11. Don't interrupt or talk over each other.
12. Avoid using physical gestures or expressions that could be seen as threatening or dismissive.
13. Take responsibility for your part in the conflict.
14. Avoid making assumptions about your partner's motives or intentions, or assume positive motivations.
15. Take turns expressing your thoughts and feelings.
16. Try to find common ground and areas of agreement.
17. Remember shared values and use these common goals to steer motivation toward resolution.
18. Use humor or positive reinforcement to lighten the mood.
19. Avoid making threats or ultimatums.
20. Seek compromise and find a solution that works for both of you.
21. Recognize that it's okay to disagree and have different opinions.
22. Seek outside help if the conflict cannot be resolved on your own.
23. Practice forgiveness and let go of grudges.
24. Make a plan for how to avoid similar conflicts in the future.
25. Don't involve other people in your argument or share private details with friends or family.
26. Avoid using negative labels or name-calling.
27. Focus on finding a solution instead of winning the argument.
28. Don't make assumptions about what your partner is thinking or feeling.
29. Take steps to de-escalate the argument, such as changing your tone or body language.
30. End the argument with a hug or physical touch to reinforce your connection and bond.

In the journey of love, conflicts are bound to arise. However, by implementing these 30 rules for managing conflict, couples can transform disagreements into opportunities for growth and connection. Remember, effective conflict resolution requires patience, understanding, and a commitment to building a shared understanding.

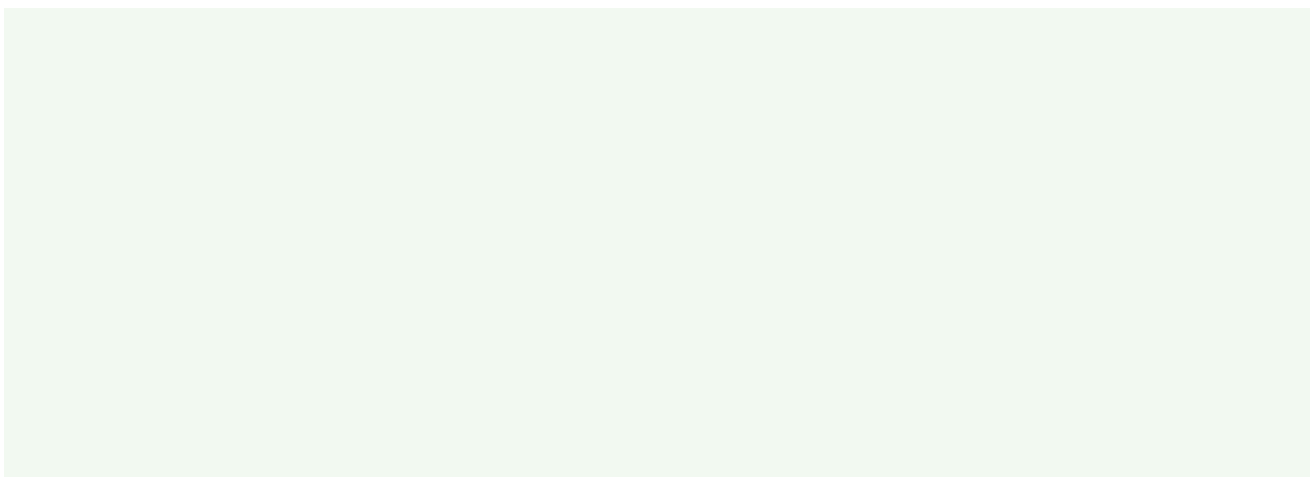
STEP 3

REFLECTION

Reflecting on my risk areas, which areas of communication do I need to practice or improve?



Based on what I have learned what is the next right step?



STEP

4

PLAN

Failing To Plan Is Planning To Fail

Anonymous



4

STEP

CHANGING DIRECTIONS

O

nce we understand where we are headed and why, it becomes much easier to determine the steps to arrive there. By making our steps clear and precise, they can be easily accomplished, and help to motivate us to continue forward.

Consider the major goals you identified in Step 2 and 3. Now identify small but consistent steps to help move them forward. In this step, be as precise and specific as possible. For example, instead of "Exercise," you may have a goal of "Go to My Gym at 5:15 for 30 minutes of cardio exercise on my way from work on Monday, Wednesday, and Friday."

On the following pages, identify what you want these life arenas to look like. What are the achievable steps?



STEP 4

PLAN FOR SUCCESS

CULTIVATING COMMUNICATION

1) Communication with Ourselves:
What are some small steps I can
achieve this week?

2) Communication with our Co-
Workers: What are some small
steps I can do on a regular basis

3) Communication with my Partner:
What are some small steps to build
connection this week?

4) General Communication: Which
aspects of communication do I
want to grow this week? (e.g. oral,
written, speaking, listening, etc)

WEEKLY PLAN

C U L T I V A T I N G C O M M U N I C A T I O N

THINGS TO DO:

- Say "Thank-you" for something specific

- Listen and reflect back one emotion.

- Surprise them with something

- Do one thing so that they don't have to

- Spend at least 15 minutes together

- Touch each other at least once

- Give one small gift

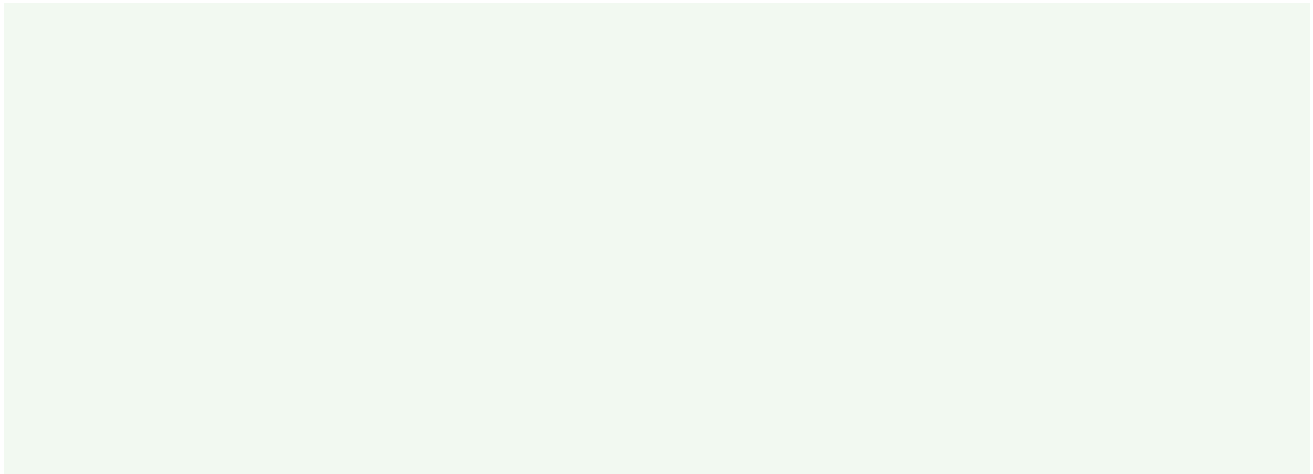
NOTES:

Check off each time you practice one of these tools. How many can you get?

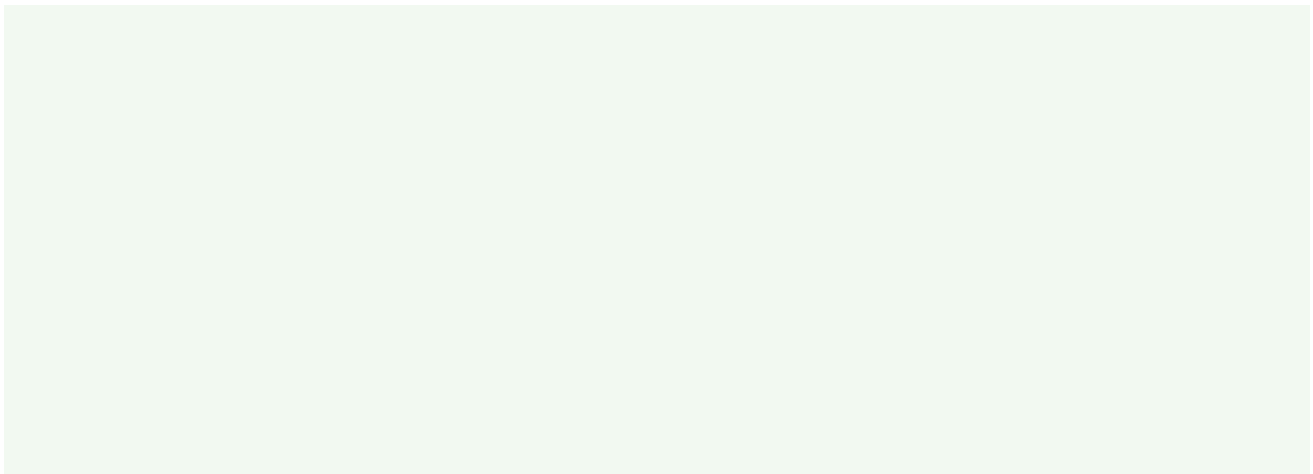
S T E P 4

REFLECTION

What is the most important insight I have learned in this step?



Based on what I have learned what is the next right step?



STEP

5

TEAM UP

We Are Stronger Together Than We Are Alone

Walter Payton



5

STEP

CHANGING DIRECTIONS



W

ith a plan in place, we are set for success. Occasionally, roadblocks arise that cause us to forget our purpose and overpower our will. In these instances, a partner can help us to stay the course.

Consider all the things you have learned so far. Now identify who can help you on this journey? Who can you entrust as a partner and support? A friend, a counselor?

On the following pages, identify whom you could speak with to deepen your connection, and support your journey.



STEP 5

TEAM UP

CHANGING DIRECTIONS

1) Who are two to three people or places I can share these goals and plans?

2) Which of these will be best able to be safe and supportive while being willing to hold me accountable?

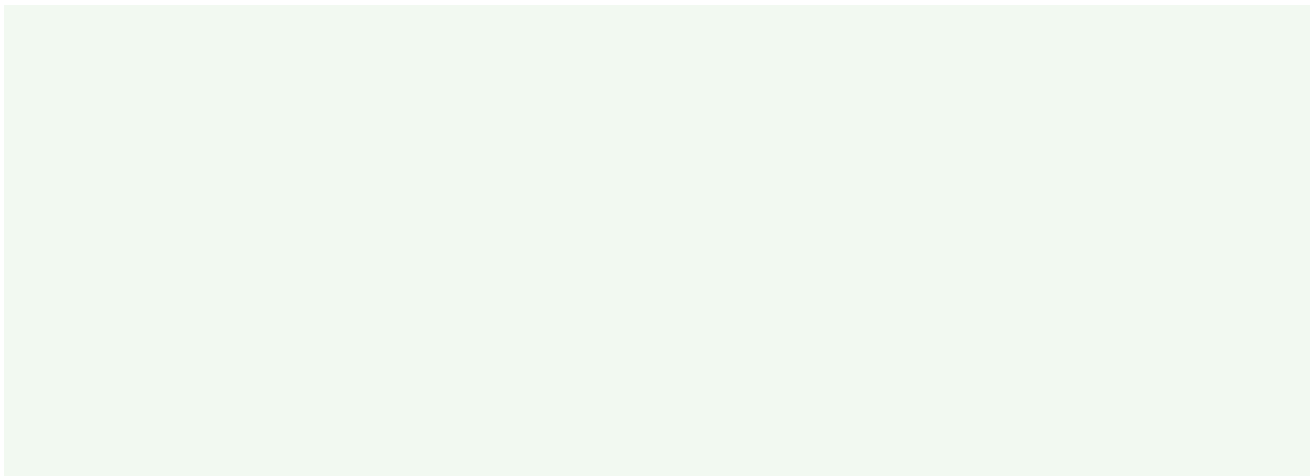
3) Is there a way that one of these supports could become a partner? Working on a similar goal and supporting each other?

4) Action Plan: When will I share this plan, and how? Be specific. Also, include a progress check to see how it is going in a week/month.

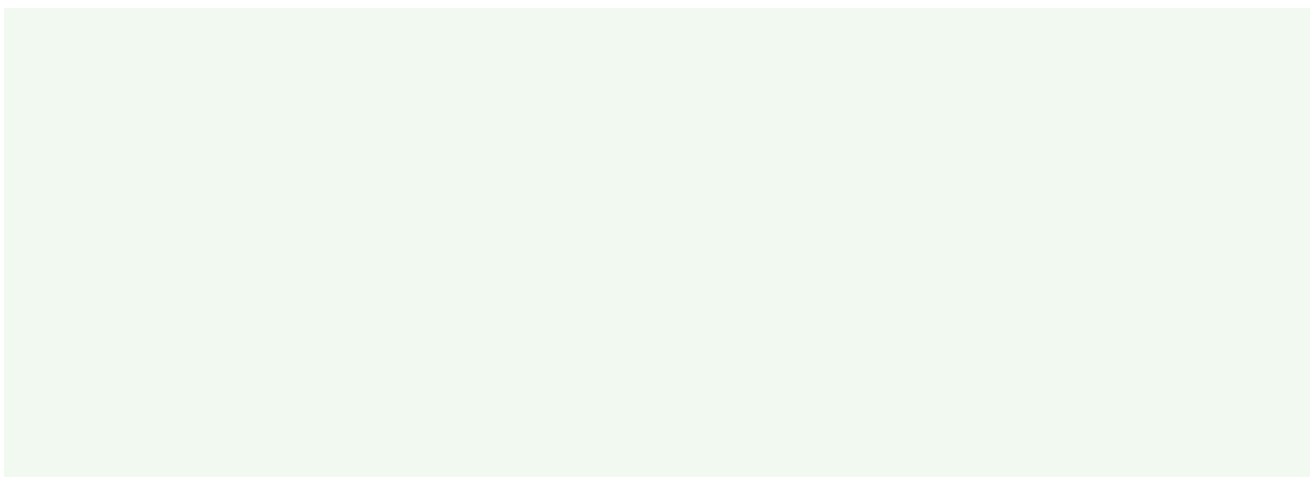
S T E P 5

REFLECTION

What is the most important insight I have learned in this step?



Based on what I have learned what is the next right step?



STEP

6

...AND BEYOND

All The Talent In The World Is Useless Without Perseverance
Steve Morse



6

STEP

CHANGING DIRECTIONS

You have made it here. Congratulations. The work continues. You have the things you need to implement these changes and be successful.

It is my passion to give people of every budget the tools that they need. You can sign up for free for my mailing list and visit my website or Facebook group at any time. I have a range of books on Amazon and seminars online that I continue to release, specifically for people who wish to self-direct.

Tired of doing it all on your own? For those that wish for professional Expert guidance and experience, I offer one-on-one packages. This specific support can help you to transform quicker and easier, with accountability built-in. Excited to start working together? Please see the last page of this brochure in order to book a free 15-minute meeting with me!

I am looking forward to hearing from you and helping you on this journey to greater success, health, and happiness! Different things are right for different people. Whatever is best, I am here for you.

Not sure on the right fit? Here is what others had to say about my services...



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What Do the Experts Say?



Dr. Blythe Cleverly, Brain and Behavior Expert

I am honored to call Dr. Ken Martz a trusted friend and colleague. Beyond the professional accolades, it is his personal warmth and honest enthusiasm for giving hope to those who suffer, that is truly inspiring to me. The world needs more qualified and caring practitioners like him!
www.DrCleverly.com

Joel Elston, Master Life Coach

Dr. Martz does an outstanding job of offering solutions to manage our emotions, and prevent them from sabotaging our life goals. His 30 years of experience in the mental health and addictions field allows for insight and perspectives that few can give.



What Do Clients Say?



Amazing

He is an amazing therapist. Highly Recommend

Cares

Dr. Ken is professional and respectful. He has a wealth of experience and truly cared about what he is doing. I've enjoyed the time shared while growing as a human being.



Passionate

Dr. Ken's excitement and enthusiasm radiate through the technology. I genuinely feel Dr. Ken is passionate about his work.

Understanding

He has been understanding, completely non-judgmental, and helpful in my journey to find myself.



WANT MORE?

1:1 SUPPORT

Sometimes our self-awareness can identify large or difficult experiences. Or you may simply wish to have extra support so that you can progress faster.

If you wish to work with me directly, schedule a free 15-minute meeting to explore possibilities such as a one-time consultation or ongoing support to learn to apply these tools to a specific issue.

See you there!

<https://tinyurl.com/MEETKENFREE>

Relationship Skills Toolbox

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