

When we are taking care of ourselves well and prioritizing us over ourselves(in good health), relational decisions become much easier and healthier overall.

US

Every relationship has 3, not just two. We are actively creating a healthy or unhealthy US in every interaction.

YOU

Your healthiness matters because we can only be our best if you are at your best. Therefore, every weakness you work on benefits us and every weakness you ignore, weakens us.

ME

My healthiness matters because we can only be our best if I am at my best. Therefore, every weakness I work on benefits us and every weakness I ignore, weakens us.