

RELATIONSHIP TRANSFORMATION FRAMEWORK

The relationship that I want to transform is...

CURRENT STATE

What is the **"Present State"** of this relationship?

What **emotions** does this situation elicit?

What **impact** does this have on your life?



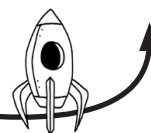
What **"Anchors"** (triggers, actions, resources) will take you back to your current state?

FUTURE STATE

What is the desired **"Future State"** of this relationship?

How will you **feel** in this future state?

What is **your role** in creating or sustaining it?



What **"Rockets"** (thoughts, actions, resources) will help you achieve and maintain this future state??

What is one action you can take, within **one week**, to progress toward this transformation?
