

Love Better Plan

We all have demonstrated unhealthy behaviors in friendships and relationships and we all have the power to love better. Now is your chance to create your own Love Better Plan. This plan could be applied to friends, family members, and/or partners. Take a few minutes to reflect on a healthy relationship behavior or two. Think about practical ways you can apply them in real life. Once you have set your goals revisit this plan every few weeks. If you don't hit the mark right away don't be hard on yourself - Loving Better is a process.

Step One

Identify a relationship that you want to improve or identify a person that you want to love better.

Name

Relationship

Step Two

Identify one or two healthy relationship traits that you want to use to improve the relationship identified above.

Trait one

Trait two

Step Three

Write down three steps you will take to infuse your relationship with the healthy trait or traits.

1.

2.

3.



Adapted from One Love

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