

## **YTL- Module 2. Lesson 9. Additional Resources.**

# **My relationships are fulfilling.**

My emotional connections with others are the “meat and potatoes” of my life.

**Everything that I have and do in life is made more bountiful by the people I have relationships with.**

One of the most important decisions I make each day is to do whatever is necessary to cultivate fulfilling, long-lasting relationships. I benefit in innumerable ways because I cherish and nourish my relationships.

To be fulfilled in a relationship is to be satisfied with how the relationship progresses. When I require something, I can ask for it. When I need support, it is there for me. When I want guidance, it is offered.

**Whatever I need from others, I can receive it because of my efforts in developing deep, satisfying connections.**

The nature of life is fleeting. Because of that, I recognize it is my responsibility to develop stable people, places, and things in life that I can depend on. I am pleased that I work on these three areas of my life and experience the benefits of doing so.

Even though I am required to make some sacrifices occasionally, I realize that positive relationships are worth it.

Today, I reflect on my relationships and consider the satisfying aspects of each one. I can ask myself if I need to do more work to ensure I develop and maintain deep and satisfying connections with others.

### **Self-Reflection Questions:**

1. Which of my relationships are satisfying and which require more work on my part?
2. How do I go about ensuring my relationships are deep and fulfilling?
3. What can I do now to develop fulfilling relationships with people I would like to have relationships with, but have not yet pursued?