

# 12 TIPS FOR HEALTHIER RELATIONSHIP



When the relationships in your life are going well, it's much easier to be happy. When your relationships are misfiring, nothing else seems to go well, either. One thing is for sure: **fulfilling relationships are an important part of enjoying life.** Spend the time and effort needed to keep your relationships happy and healthy. You'll be glad you did!

## Strengthen your relationships daily:

Give what you  
hope to receive.

Choose your  
battles wisely.

Stay on top of  
the small things.

Think before  
you speak.

Be willing to  
be vulnerable.

Be respectful.

Realize that you can  
control only yourself.

Have appropriate  
boundaries.

Maintain balance.

Be open regarding  
your needs.

Give your relationship  
attention and care.

Give a sincere  
compliment each day.