



Life Learning Center™

PILLARS: RELATIONSHIPS – PART I
REV. 2



REVIEW - INTERVIEW QUESTION RESPONSES

Topic	Life Journal Page
Tell Me About Yourself (TMAY)	W-12 and W-13
Tough Questions	W-25 & W-26
Typical Interview Questions	W-25 and W-26
Standing out from the Crowd	W-27
STAR Stories	W-29



RELATIONSHIPS OBJECTIVES

- Identify and Discuss the 100/0 Principle.
- Explore Your Personal Relationships.
- Identify the Attributes of Healthy and Unhealth (Toxic) Relationships.
- Create the Relationships Life Blueprint Part 1.

RELATIONSHIP ORIGINS



BY BIRTH

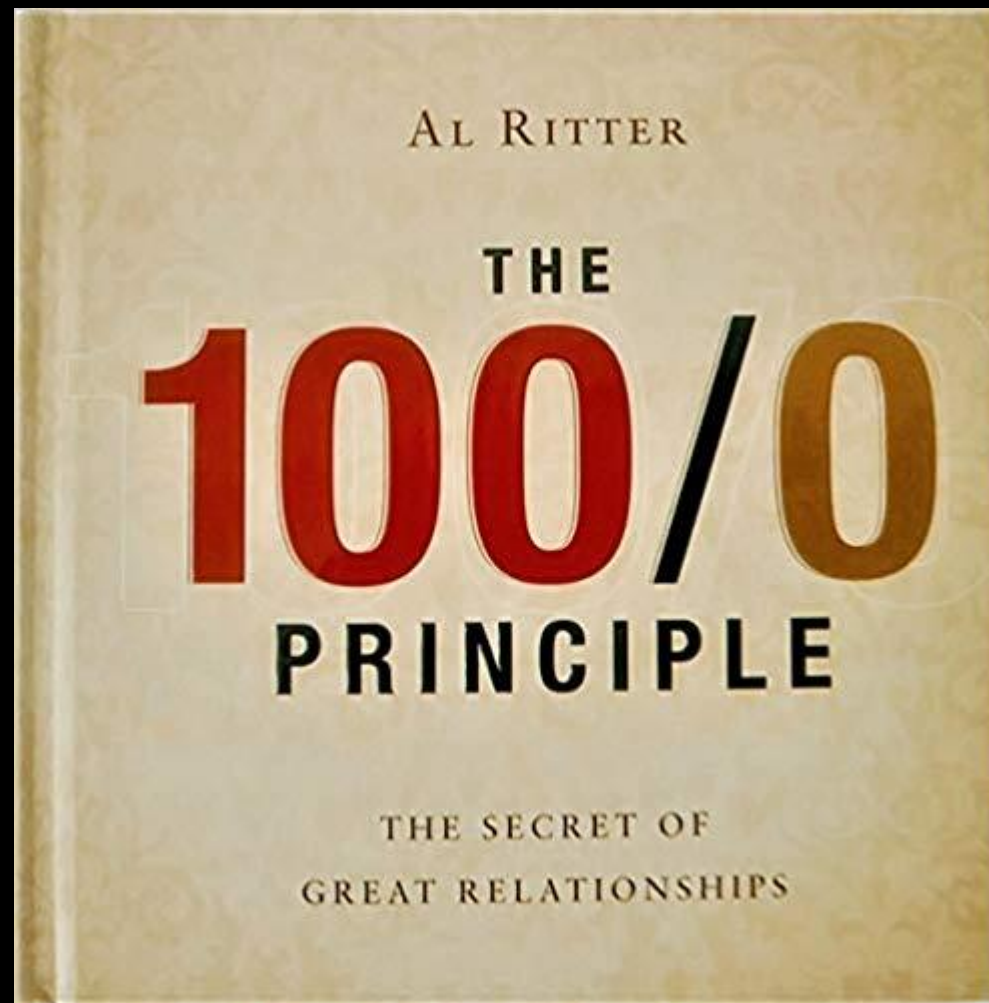
BY
CHOICE





VIDEO: NAMING VOLLEYBALL

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DNLVRN2GUBG](https://www.youtube.com/watch?v=DNLVRN2GUBG)



VIDEO: 100/0 PRINCIPLE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=8-9NTG9RJ-K](https://www.youtube.com/watch?v=8-9NTG9RJ-K)



PRINCIPLE 100 STEPS

1. Demonstrate RESPECT and KINDNESS
2. Do NOT Expect anything in return
3. Be PERSISTENT with your GRASCIOUNESS and KINDNESS

RELATIONSHIP ORIGINS



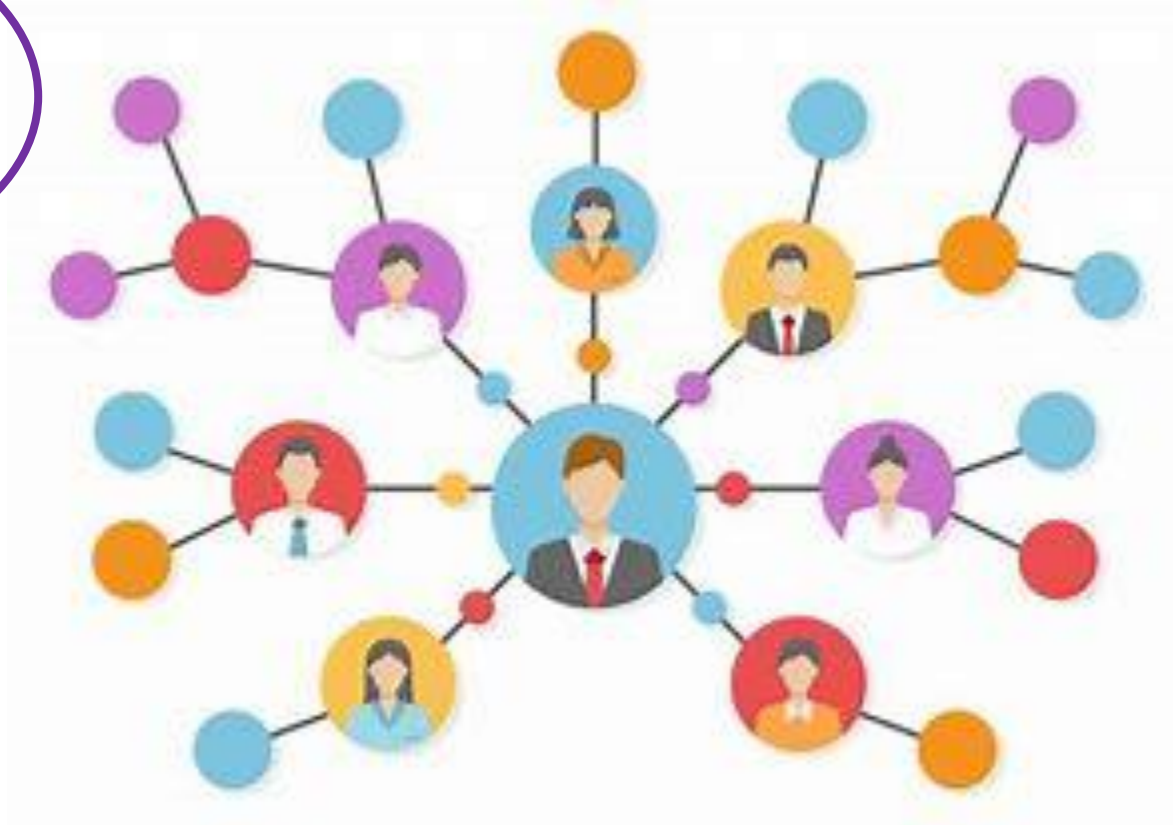
BY BIRTH

BY
CHOICE



VIDEO:
NETWORKING
TO GET A JOB

[HTTPS://YOUTU.
BE/R7IWV7G99
G4](https://youtu.be/R7IWV7G99G4)





Life Learning Center™

PILLARS: RELATIONSHIPS – PART 2
REV. 2

TMAY: TELL ME ABOUT YOURSELF

1. Complete **Experience, Strengths, and Fit** sections of formula on Life Journal page W-12.

Tip #1: Start by jotting down a few bullet points under each section of the formula.

Tip #2: Use your eRecruitFit report to help identify strengths and fit

2. **Identify 1-2 points** under each section that **stand out the most**. Circle the ones you will use in your TMAY.
3. **Put it all together**. Take the most noteworthy points from section of the formula and write full TMAY statement on page W-13.





RELATIONSHIPS PART 2: OBJECTIVES

1. **Discover Building Blocks for a Healthy Relationship.**
2. **Discover Personal Boundaries.**
3. **Develop an Action Plan.**
4. Complete the Vision and Action Steps on the Relationship Blueprint.
5. Practice a Tough Conversation.

RELATIONSHIP BUILDING BLOCKS

1. Personal
Commitment

2. Boundaries

3. Honesty

4. Feelings

5.
Responsibility

6. Nurturing

7. Listening

8. Positive &
Appreciative

BOUNDARIES



Values
Beliefs
Truths

BOUNDARIES



**Values
Beliefs
Truths**



**Low Self-Esteem
Please Walk On
Me**

BOUNDARIES



**Values
Beliefs
Truths**



**Low Self-Esteem
Please Walk On
Me**



**Open
Communication
Maintain Control**

RELATIONSHIP BUILDING BLOCKS

2. Boundaries

Types of Boundaries:

- Skin
- Words
- Truth
- Geography Distance
- Time
- Consequences
- Emotional Distance

RELATIONSHIP BUILDING BLOCKS

Personal Boundary Components:
My

- Feelings
- Attitudes
- Beliefs
- Choices
- Values
- Limits
- Talents
- Thoughts
- Desires
- Who I Am and What I Love

2. Boundaries

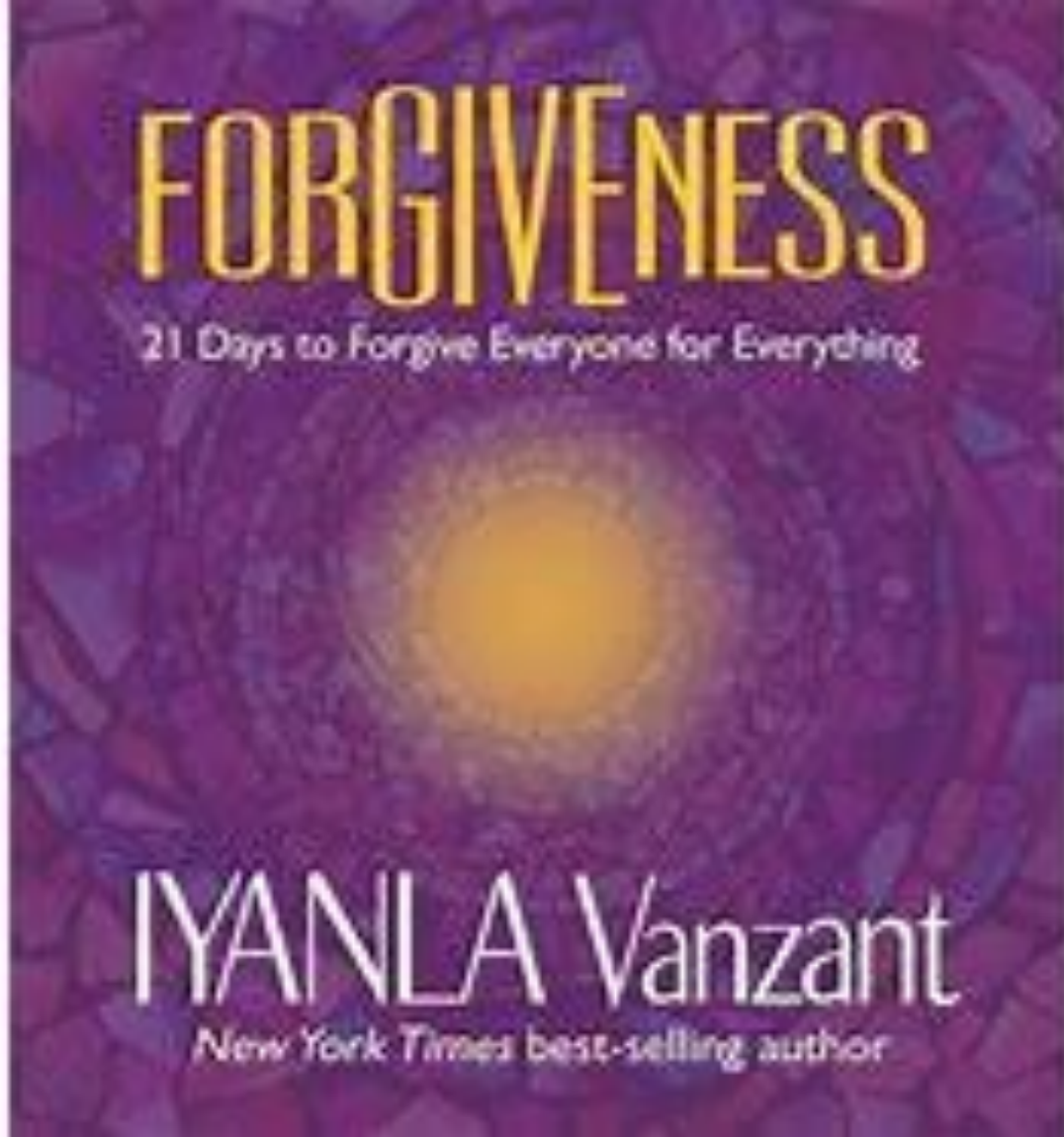
RELATIONSHIP BUILDING BLOCKS

3. Honest

Relationships by Choice:

- Significant Other
- Coworkers
- Kids
- Friends





[HTTPS://WWW.YOUTUBE.COM/
WATCH?V=_NF-ND9X4WU](https://www.youtube.com/watch?v=_NF-ND9X4WU)



THE POWER OF
FORGIVENESS

[HTTPS://WWW.YOUTUBE.COM/
WATCH?V=O2BITY-3MP4&T=24S](https://www.youtube.com/watch?v=O2BITY-3MP4&T=24S)

RELATIONSHIP BUILDING BLOCKS

4. Feelings

Challenge:

- Most people haven't a clue how you actually feel about something

Solution:

- Share/communicate your feelings

Caution: Timing and Manner

RELATIONSHIP BUILDING BLOCKS

5. Responsibility

Taking Responsibility for:

- Our thinking
- Our Actions/Choices
- Our Decisions/Choices
- Our Attitude
- The Resulting Consequence

RELATIONSHIP BUILDING BLOCKS

6. Nurturing

Shows You Value the Relationship

Tools/Approaches:

- 100/0 Principle
- Love Languages

RELATIONSHIP BUILDING BLOCKS

7. Listening

Critical Listening Skills...

Listen ...

- Without Judgment
- With an Open Heart/Mind

RELATIONSHIP BUILDING BLOCKS

Active Listening Components:

- I heard your words.
- I heard the meaning of your words.
- You know I hear your words and meaning.

7. Listening

RELATIONSHIP BUILDING BLOCKS

8. Positive & Appreciative

Positive Feedback vs Negative Feedback ...

Positive...

- Breaks Down Walls
- Fosters Cooperation

Negative...

- Builds Barriers
- Instills Rancor/Hostility

RELATIONSHIP BUILDING BLOCKS

*The words of the tongue have
three gatekeepers.* (Arab Proverb)

1. Is it true?
2. Is it kind?
3. Is it necessary?

8. Positive & Appreciative



Purpose :

Improve the Relationship

Built on Several Building Blocks:

Personal Commitment

Boundaries

Honesty

Feelings

Listening

Positive & Appreciative

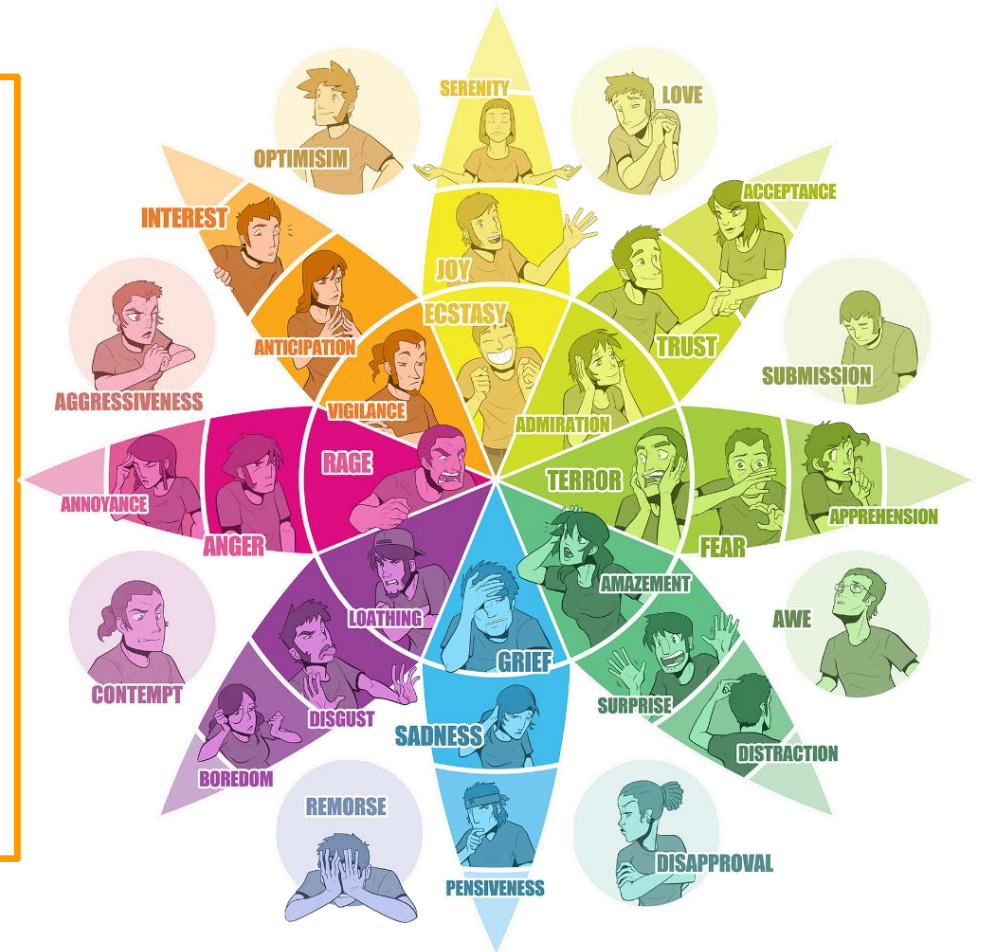
TOUGH CONVERSATION – I SEE/HEAR FEEL/IMAGINE FORMULA

The Positive Approach:

When I see/hear _____,

I feel _____,

Because I imagine _____.



TOUGH CONVERSATION – I SEE/HEAR FEEL/IMAGINE FORMULA

The Positive Approach:

"Sam, when I **SAW** you presenting your vision board last Friday, I **FELT** proud because I **IMAGINE** you put a lot of effort and time toward your vision board."