

Relationship Challenge

Instructions

An important part of wellness is to remind our loved ones how much we care for them. This 12-day mini-challenge, based on the 12 letter word "R-E-L-A-T-I-O-N-S-H-I-P", suggests small things to do each day that will help you strengthen and share your love. You can apply all of the tasks to a specific person or rotate through many loved ones. **Choose one letter to focus on each day**, checking the circle once complete.

R E L A T I



Reconnect

Reach out and spark a conversation with someone you haven't spoken to recently.

"Remember that the most valuable antiques are dear old friends."

- H. Jackson Brown, Jr.



Evaluate Communication

Set limits on your social media usage. For example, set a goal to completely ignore notifications and opt for the face to face communication.

"Sadly, some... in the Church today ignore 'things as they really are' and neglect eternal relationships for digital distractions, diversions, and detours that have no lasting value."

- David A Bednar.



Listen

Spend quality time with someone and truly listen to what they are saying. Refrain from interrupting and do your best to see their viewpoint.

"One of the most sincere forms of respect is actually listening to what another has to say."

- Bryant H McGill.



Appreciate

Say thank you often and tell others why you are grateful for them.

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

- Margaret Cousins.



Talk

Learn something new about someone else. Share a story or two that they haven't heard and ask a question or two that you don't know the answer to.

"A conversation is so much more than words. A conversation is eyes, smiles and the silences between the words."

- Annika Thor.



Say I love you

Say these words to someone who matters most to you. These are words that should be said often.

"If you love someone, you say it, right then, out loud. Otherwise, the moment just passes you by"

- Julia Roberts.

O N S H I P



Offer Service

Offer service to someone. No task is too small. Buy lunch, run an errand, or bake a loved one's favorite treat.

"Only a life lived in the service to others is worth living."

- Albert Einstein.



Write a Note

Write a note of appreciation to someone. Written communication can be a powerful reminder of the importance they hold in your life.

"Writing isn't letters on paper, it's communication. It's memory."

- Isaac Marion.



Stay Present

While you are around others today, ignore the list of to-dos that linger in the back of your mind; give all your energy to those you are with.

"Nothing is more precious than being in the present moment, fully alive, fully aware."

- Thich Nhat Hanh.



Give Hugs

Give one, or many, today. Though simple, a gesture such as a hug can mean a lot to the ones we love.

"Every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back."

- Maya Angelou



Invite Spontaneity

Invite spontaneity into your relationships. Do something fun and possibly even a little silly. Try surprising others with a small gift, a movie, or anything else that may be out of the day-to-day routine.

"Spontaneity is the spice of life"

- Rudi Bakhtiar



Practice Patience

Refrain from complaining and seek to focus on the positive qualities of others. No relationship is ever free of flaws. Patience is a virtue and is perhaps the most necessary thing to keep a relationship strong. "

"Perfect love is perfectly patient."

- Neal A. Maxwell.