

THE POWER UP # 7

Strengthening Relationships with Accountability Worksheet

Strong and healthy relationships don't just happen; they're built on truth, trust, and the courage to own our part. This exercise is designed to move you from theory to practice. Don't skim it. Don't overthink it. Grab a pen and get brutally honest. The more you own, the stronger your relationships become.

Reality Journal

Write down one relationship where you've avoided telling the truth or owning your part. Be brutally honest. What's the reality you've been hiding from?

Blame Swap

Catch yourself the next time you want to blame. Pause. Replace "Who's fault is this?" with "What's mine to own?"

3R Reframe

Before your next hard conversation, map it out:

Reality: What actually happened?



Responsibility: What's mine to own?

Response: What am I willing to do next?

Feedback First

Ask one person you trust: "Where have I hurt our relationship by not owning something?"
Don't argue. Just listen. Then own it.

Relationship Mirror Test

Tonight, ask yourself: "If I were on the other side of this situation, would I want to be in a relationship with me today?" If the answer is no, pick one behaviour that must change and take responsibility for changing it.

THE POWER OF YOU
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