



RELATIONSHIP GRATITUDE JOURNAL



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RE-PATTERNING LEADERSHIP COACH
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Welcome

What if I told you it could be easier? What if you could make a difference in your relationships? What if you could create peace and harmony in your home, with your children, partner, family, friends and coworkers? How would you feel?

You were born to enjoy life. You desire to make your relationships peaceful and more fulfilling, but what you're doing just isn't working. You may be feeling defeated or alone, you may feel like change is only possible if they change. You know there must be a better way and you know you aren't meant to do this on your own. You want to be supported and you deserve this. You can create peace! You are powerful and it's time to tap into that power--to tap into your inner knowing and to make a difference in your relationships. You are in the right place.



Hello!

**So excited to meet you, courageous one.
I am Marie!**



I'm a Leadership Re-patterning Coach, and Counsellor with A Spiritual Psychotherapeutic approach. I work with leaders to lead authentically from heart and soul. To connect to the universal wisdom that is meant for you. In this way you have access to exceptionally creative solutions to guide your family, workplace, and community to a thriving, harmonious and beautiful place to live.

Does that sound like something you desire?

I have 3 children, the oldest is 22. Like most children these days, she is unique. You must admit that children born in the last 20 years seem so much more aware, more knowledgeable, more intuitive, and more loving.

I began parenting her just as I had been parented. By the age of 4 it was apparent that what I was doing, what had always been done, was no longer working. The text books were not helpful, most people's advice was not helpful. I took a weekend seminar on relationship and worked on the relationship with myself and those around me. I had to search outside of what I thought I knew and eventually came to a more compassionate loving soul-guided way of parenting and being in relationship. In 2013 I completed a Spiritual Psychotherapy program which furthered my relationship and communication skills. I have stream lined the process that I took to have healthy relationships and created this Journal as a way for you to gain maximum benefit for the time spent. Dive deep and I am here if you need me.

Peace and Joy

Marie



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Relationship Gratitude Journal

This journal is a guide to help you better understand some of the relationships and experiences you have had so that moving forward all your relationships can improve. This process is not to see whose fault it is, but rather view it in a way of "What lesson did I learn?" I recommend you take your time and go through this several times over several days.

BEFORE YOU WERE BORN

We choose our parents. We decided long ago who and what experiences would best guide us to the lessons and growth we need, to be the best expression of ourselves and contribute to our society and the growth of humanity. People come into our lives to help us bring to the surface things that need to be healed. To bring growth and solidify our unique qualities and gifts within, that help us grow into the beautiful self we are. Sometimes these are hard lessons and often we keep repeating the pattern until we get the lesson.

THE FAMILY YOU WERE BORN INTO

We call this the family of origin. This includes your parents and siblings and if a relative lived with you for a long time, that would include them too. We learn how to and how not to behave in this unit. This is where we develop our relationship skills, and our sense of self. We take on a role in the family usually to stand out or fit in. Some examples of roles would be; peace keeper, rebel, care taker, the responsible one, daddy's little princess, the good child, or mommy's 'little man.

What role did you take on in your family? At what age?

Why was it necessary for you to have that role?



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Did your role change within the family at any point?

In what relationship dynamics do you still carry out this role?

What attitude did you have as a teenager? (the one that pushed your parents away) ie. Who really cares anyway! F*** YOU!

Pause for a moment and feel that attitude. What were you afraid of?

Does this attitude still show up today?

Does it give you what you truly desire?

Our parents teach us how to relate to males and females alike. How we perceive this and what we make true about the relationship between our parents and our relationship with them is key information about our current relationships. This is what we unconsciously carry into our grown-up relationships. That which we feel we did not receive from the family of origin we will seek out in our relationships with friends and significant others. We do not realize that what we need can be found within ourselves, that the answer to completing these cycles and learning what we need, is in our discovery of love for our selves. Which can be explored more fully in my book [7 Steps to Rediscovering You and Loving What You Find](#).

EMOTIONS

If you feel sorrow, guilt or any other unwanted emotion, moving through these questions, I encourage you to learn what is there at the root of that emotion and then move through the emotion. HINT: Usually an un met need.

Moving through a feeling means you feel it, gain any wisdom you can about this feeling and move it out of your body. Feelings are energy and you don't want to store them. There are many techniques that can help you with this process.

Ho'oponopono Method

Emotional Freedom Technique (EFT)

Reiki

Journaling

Movement

Yoga

Not sure what exactly you are feeling and why. Here is an audio to help you.

<http://www.marietindall.com/feelings>

MOTHER

Thinking about your mother, looking back to your child hood, and growing up, what did you learn to do, or not do when it comes to relationship?

With yourself? _____

With others? _____

As a mother? _____

What do you feel your mother did not give you?

What do you feel you should have gotten from your mother but didn't?

What needs did not get met?

Here is a meditation/body focus to help you.

<http://marietindall1.wixsite.com/coaching/relationship-audios>

What are the traits that she exemplified that you use in your life now?

Being in relationship with your mother, what did you learn about yourself?

What did you learn about being a woman/man from your mother?

As a man, what did you learn about how to relate to women from your mother?

In choosing a mother for your children?

In choosing a wife for yourself?

FATHER

Thinking about your father, looking back to your child hood, and growing up, what did you learn to do, or not do when it comes to relationship?

With yourself?

With others?

As a father?

In choosing a father for your children?

In choosing a husband for yourself?

What do you feel your father did not give you?

What do you feel you should have gotten from your father but didn't?

What needs did not get met?

Here is a link to a meditation/body focus to help you.

<http://marietindall1.wixsite.com/coaching/relationship-audios>

What are the traits that he exemplified that you use in your life now?

Being in relationship with your father what did you learn about yourself?

What did you learn about men from your father?

As a woman what did you learn about how to relate to a man from your father?

The relationships in your life are a direct reflection of the relationship you have with yourself. For instance, if you feel like someone is not supporting you, ask yourself where are you not supporting yourself or your dreams?



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SIGNIFICANT OTHER/PARTNER/SPOUSE

Start with past relationships in this category. Make a list of all significant relationships, include all exes. Go through them one by one and apply all the questions in this area to that person. Then move through the questions with the next person.

What were you looking for or hoping to receive from this person that you didn't?

What part of yourself did you lose?

What part of yourself were you able to reclaim?

What trait did (s)he bring out in you?

What boundaries did you allow the person to cross?

Where did you hold back your love?

Where did you give too much?

What point in the relationship did you not allow yourself to receive?

Where did you settle?

How are they like your mother?

How are they like your father?

What part of yourself did you not know or were unwilling to share?

It may also be beneficial to use these same questions for friendships.

WHAT YOU REALLY FEEL ABOUT MEN

Whether you are a man or a woman you most likely harbor hidden resentments and judgments about both sexes. The best way to unearth these is through the following awareness.

At the top of the page write Men are...

And create an exhaustive list writing down what ever comes up. This list should not be censored and without judgement, just an interesting experiment.

Men are...

WHAT YOU REALLY FEEL ABOUT WOMEN

At the top of the page write Women are...

And create an exhaustive list writing down what ever comes up. This list should not be censored and without judgement, just an interesting experiment.

Women are...



Where do the positive and negative judgments come from?

Reflect over your judgments, emotions and the source of these as well.

As you bring awareness to your judgments about males and females you will be able to shine a light of truth on them and release what is false. Whatever you judge in others is a hidden judgment of yourself. If you judge males or females in a negative light, you will shut off this aspect or over amplify it within yourself.

Where do you shut down feminine or masculine energies within yourself?

Where do you over amplify them?

Here is a Meditation/body focus to help you with a person that you find challenging. #3

<http://marietindall1.wixsite.com/coaching/relationship-audios>

It is said that you can only love someone to the degree in which you love yourself. It is also said that you can only allow someone to love you as much as you love yourself.

Reading this statement can you see how it may have been a factor in your past relationships?

OPENING TO THE REALM OF POSSIBILITIES

Opening to the realm of possibilities is where you will reach your greatest heights, gain the creativity and wisdom to take you to the life you dream of.



When you are grounded and open to the wisdom this is when you can act powerfully through your guided knowing.

How do you do this? You ask.

You must continually heal and grow, heal and grow. Heal that which holds you back, fear, false beliefs and visions of yourself. You must start to see yourself as a conduit. The vessel in which has received guidance and wisdom from the Universe and is now going to take action to improve your relationship with your self and others.

Having discovered all about your relationships, what is possible moving forward?

What type of relationships do you want to experience?

Who do you have to be to get that?

What are the qualities you need to possess?

How and where can you deepen your love for yourself so that you will allow yourself to be loved the way you desire?

When we are no longer attached to specific outcomes, specific things or people. For example, "it has to be with this one person". If you hold the vision, knowing what type of person. This allows for possibilities and the greater likelihood of getting what you desire.

IT'S IN THE QUESTION

Being the observer, not being attached to feelings, thoughts or judgements. There is no right or wrong, there just is. Explore and say to yourself "Interesting how this feeling is coming up now, what's that about?"

Be willing to be or do something different.

Question: What can I be or do different today to create a different result in my relationships and life right away?

Question: What else is possible that I haven't considered?

Question: What do I need to change to do this?

Function from **what else is possible**.

These types of questions leave space for the Universe to respond. They are open and expansive in nature. This will allow for your best self to shine through.





CHALLENGE:

Have the above questions and sit with them daily for 1 week.

Write down the answers that come, and act upon the guidance from the Universe and you will start to see changes in your life.

The part of us that is connected to all there was, all there is, and all that's going to be.

It's your connection to that part of you that is going to take you to the greatest heights

I would love to support you on your journey, so I will be sending you supportive emails with content to help you dive deeper, explore more and bring some healing and peace into your heart.

This Journal will only work if you work it!

Reach out. I am here for you.

Peace & Joy

Marie

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