



“When we act mindfully, we build thriving communities and live healthier lives.”

Laura Hansen Community
GoldVision, LLC

Relationship Best Practices

Bring your best self to your relationships

1. Give and Receive Unconditional Support: For Your Life and Theirs
2. Everyone Is Right
3. Approach Issues/Problems Side by Side
4. Be Grounded
5. Be an Empowered Witness, Not a Victim
6. Be Honest – Realize When You Are Protecting Your Own Pain
7. Help The Other Person Know Themselves
8. Be Willing to Change Your Perception When It Doesn't Match Reality
9. Actively and Consciously Create the Relationship With The Other Person
10. Be In Relationship With the Other Person, Not the Relationship
11. Frequently Ask the Question, “How Can I Support this Person's Efforts to Create Their Best Life?”
12. You Build the Relationship To Expand Each Other's Lives, Not Compromise Them
13. Together Discuss and Decide Upon the Ground Rules For Conducting Difficult-Topic Conversations BEFORE You Have One
14. Remember To Play and Laugh No Matter What
15. Forgive Yourself and Try Again

