

**lifexpe**™

**IN JUST 5 MINUTES**

# **GROW WHEN YOUR RELATIONSHIP FEELS STUCK**

**EMPOWERING PERSONAL GROWTH EXERCISE™ #005**

**For those who aspire to  
improve their lives.**

**We empower them to take  
action and grow.**

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## LEARNING SECTION

### Introduction

So, how do you grow your relationship when it feels stuck? It may feel like you've hit a limit, but that doesn't mean it's hopeless.

Is there still a future to look forward to with your partner, or have you exhausted all possibilities? Can you still see something positive in them, or have you lost sight of why you came together in the first place?

There are two critical paths:

1. Nothing left – there's no more potential to grow together.
2. Effort needed – there's room for growth, but it will require effort to reawaken that potential.

If you think there's still something left, ask yourself: Are you maxed out as an individual? Have you grown to your full potential in areas like:

- Communication – Are you expressing needs and listening to your partner?
- Intimacy and Sex – Are you emotionally and physically connected, or has that area stagnated?
- Personal Growth – Are you challenging yourself, or have you become complacent?
- Emotional Support – Are you providing the emotional care needed?
- Conflict Resolution – Have you learned to manage conflict constructively?

If there's still room to grow in any of these areas, you're not maxed out as an individual, which means your relationship also isn't everything it could be yet. It could improve with your own growth, and even more so if your partner works on improving too.

If you have the will and energy, don't let things deteriorate when there's still potential. Take responsibility, and start rewriting the next chapter of your life and relationship—one where you both have room to grow and thrive.

Let's take the first step toward that now.



## EXERCISE SECTION

**Can you imagine your relationship getting better?**

Yes, I can       No, I cannot

**Do you still have energy and willingness to make your relationship better?**

Yes, I do       No, I don't

**Have you reached your full potential in every domain of your relationship?**

No, I have not       Yes, I have

**I feel like I've maxed out this relationship and need to move on.**

→ Prepare your exit strategy.

**Take some responsibility for not yet being everything you could be.**

Choose one domain to focus on for self-improvement that you are able to work on today.

- Communication
- Intimacy and Sex
- Personal Growth
- Emotional Support
- Conflict Resolution

**Recognize that your relationship isn't everything it could be, yet.**

Ask your partner for one thing they think you could do to improve the relationship that you are able to work on today.

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## MOTIVATING REASON SECTION

You're the driving force behind it all. Envision a better self and redefine what's possible—for you.	
Step 1	Describe where you are today. Reflect on what kind of person you are today.
Step 2	Envision what "better" looks like for you. What kind of person do you want to be?
Step 3	Identify actions in the intersection of who you are now and who you could be.

Where am I today?	How do I navigate?	What does better look like?
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