



Leveling-Up Your Relationships Success Tools

○ The Color Code Personality Test

- Understanding yourself
 - Understanding what drives/motivates you in your proactive and reactive choices
 - Understanding why some things are easy, comfortable and natural and others are hard, difficult and a struggle in what we do and in how we react to what we are experiencing
 - Understanding why some things that seem like “won’ts” are actually “can’ts” and visa versa
 - Understanding why you sometimes/often struggle with yourself
- Understanding others
 - Understanding what drives/motivates others in their proactive and reactive choices
 - Understanding why some things are easy, comfortable and natural and others are hard, difficult and a struggle in what they do and in how they react to what they are experiencing
 - Understanding why some things that seem like “won’ts” are actually “can’ts” and visa versa
 - Understanding why you sometimes/often struggle with others

○ The 5 Love Languages – from the perspective of giving and receiving

- What is your natural / instinctual way to let someone know that you love them?
- What do others have to do for you to feel loved to receive love?
- We do not necessarily speak each other's love language naturally
- We have to learn and teach each other our love languages

○ Expectations

- Use the “time warp” technique to identify your expectations
- Share them with each other
- Negotiate to bring your expectations into agreement

Knowing - Agreeing - Loving - Adjusting