

# BETTER & BETTERER

EPISODE 14: BETTER RELATIONSHIPS FOR  
BETTERER WELLBEING WITH KATE DREYFUS

*[BetterAndBetterer.com/14](https://BetterAndBetterer.com/14)*



# 2 Weeks: Focus on these 3 Keys to evolving better relationships



## Key 1: Mindful Conversations

- put down / shut off electronics
- face each other
- create space for each other to feel what you need to feel, think what you need to think, say what you need to say
- be active listeners; bring empathy, compassion, make each other feel heard, pause and respond with "This is what I hear you saying" and "This is what I hear you feeling" and ask "Is that accurate?"
- make each other feel like a priority
- make each other feel understood, valued, loved, cared for, respected, emotionally safe
- slow down the pace, especially if in conflict

What did you try? What did you rock? What did you forget to try, or what will you work on doing better?

Which relationships benefited from Mindful Connection?

## Key 2: Support & Generosity

- how do each of you want to be supported?
- ask for help / support



What did you try? What did you rock? What did you forget to try, or what will you work on doing better?

Which relationships benefited from focusing on Support & Generosity?

Did you ask for help? What did you notice?

# Key 3: Create Quality Time

- use all of your Mindful Connection skills (Key #1) here too
- add touch
- = do something new and fun

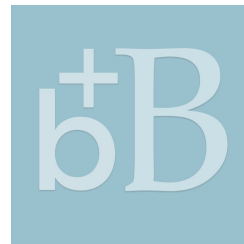


What did you try? What did you rock? What did you forget to try, or what will you work on doing better?

Which relationships benefited from focusing on Creating Quality Time?

Did you get out of your Comfort Zone? How did that go?

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REFLECTION:

You are amazing! You finished the challenge! Please let us know how it went by hitting us up on Instagram:

@BetterAndBetterer

@EvolveAndEmpower