

Action Plan for Creating Close Personal Relationships

What are my plans for creating more meaningful relationships with family, friends, and students?		
Recommendations	Presently Doing	Strive to Do
<p>Use Amen's (2018) eleven relational principles to maintain relationships.</p> <ol style="list-style-type: none"> 1. Assume responsibility for the relationship and examine what you can personally do to improve it. 2. Do not take the relationship for granted and work daily to let the special people in your lives know that you love them. 3. Protect the relationship by building the other person up and not belittling or degrading him or her. 4. Assume the best, and not the worst, about the other person's intentions or motivation. 5. Look for new and different ways to add spice to the relationship. 6. Spend time noticing the positive, not the negative, aspects of the relationship. 7. Spend time listening and really understanding what others in the relationship are saying to you. 8. Maintain and protect a trusting relationship. 9. In a kind, but firm manner, stick up for what you know to be right during difficult times. 10. Make the relationship a priority and invest quality time in it. 11. Since touch is critical to life itself, make certain that physical touch is a part of the relationship. 		
Make a special effort to take care of important relationships.		
Hold hands of loved ones to relieve pain.		
Stay in touch with relatives and friends.		
Recommendations	Presently Doing	Strive to Do
Use the acronym RELATING to develop an essential relationship.		
Practice active listening.		
Make deposits in the emotional bank accounts of others.		
Delegate or discard tasks that erode time.		
Limit time spent with technology rather than people.		
Seek out positive and healthy people.		
Develop a relationship with every student I teach.		
Take a personal interest in my students.		

Goals and Notes:

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Source for the eleven relational principles: Amen, D. G. (2018). Feel better fast and make it last. Carol Stream, IL: Tyndale House Publishers.