



## THE POWER OF JOYFUL RELATIONSHIPS

The Harvard Study of Adult Development has been following 724 males since 1938. It's the longest running study of its kind. Dr. Robert Waldinger, the fourth director of the study, says, "The clearest message that we get from this study is this: Good relationships keep us happier and healthier. Period. It turns out that people who are more socially connected to family, to friends, to community are happier; they're physically healthier and they live longer than people who are less well connected."

# RELATIONSHIP WORKSHEET

## 7 COMPONENTS OF JOYFUL FRIENDSHIPS



### HOW DOES YOUR FRIENDSHIP MEASURE UP?

This worksheet will help you score some key factors of your relationships to give you insights into how they might be bringing you joy or robbing you of it.

#### If Your Total Is Above 25

This is a great relationship for you. You have many things in common, and this relationship is a regular source of support, fun, and encouragement. You look forward to the times when you can connect with this friend, and you enjoy supporting his or her journey, as well. Continue to invest deeply in this relationship.

#### If Your Total Is Below 14

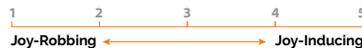
If your score is below 14 for any of your relationships, you may want to seriously consider the viability of the friendship. It's likely that this relationship is more joy-robbing than joy-inducing. Relationships may reach this level in a variety of ways.

#### If Your Total Is Between 15 and 24

Relationships in the "middle" can be tough to navigate. In some areas, you two work really well together, and there is a lot of enjoyment. In other areas, it can be quite a struggle. These types of relationships tend to require a lot of effort to keep them in the joy-inducing range.

#### Values & Goals

Do you feel that you just "click" with this person because you share similar values and goals?



#### Conflict Resolution

When conflicts or disagreement happen, do you feel heard and accepted?



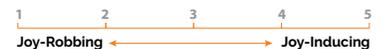
#### Shared Interests

Do you share hobbies or activities with this person?



#### Time & Effort

Are you happy with the amount of time and effort that is put into the relationship by this person?



#### Generosity & Celebration

Is the person generous with their thoughtfulness, energy, and celebration of you and your successes?



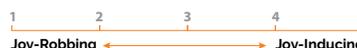
#### Life Stage & Frequency

Do you share a life stage or do you spend a lot of time with this person that helps to fuel the relationship?



#### Motivation, Encouragement & Growth

Does this person provide encouragement when you think you can't take another step.



TOTAL : \_\_\_\_\_



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