



The Possibility Path™ for Relationships

A Life Coaching Program based on
The Possibility Path - Book One: Beyond

“Bringing Possibilities to Reality”

STEP ONE

YOUR BUILDING BLOCKS

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INTRODUCTION

Relationships affect every part of our lives.
From our families, to spouses, teachers, preachers, coworkers,
grandparents, friends, our relationships with people affect all parts of our lives.
Our relationships with places and things also affect us.

From where we were born, to where we want to live, from our relationship
with money to our relationship with our every changing bodies, the word relationship
opens the door to a vast amount of possibilities.

But the core principles are the same.

Who we are, the stories we tell ourselves about these people, places, and things,
and the systems we put in place to help us grow or fight that growth are all the same.
It can all be overwhelming the amount of relationships we have in our lives that form our
possibilities in this world! (Oh, relationship with the world at large is another one too!)

So...as you begin this program, we start with one question:
**WHAT RELATIONSHIP WOULD YOU LIKE TO FOCUS ON
TODAY?**

Just for today, focus on ONE relationship. Maybe it is your spouse you are doing this program
with. Maybe you are having difficulty with a sister or an aging parent. Maybe your teenager is
adding some confusion in your life. Pick ONE topic and do the steps!

*You can even pick a topic and pick just one step later on after you complete the program.
That works for quick insights too!

Not sure?
Do the Introduction Short Cut in your audio program
and then once you have picked your topic, move onto Step One:

Step One:
What Makes You, You?

YOUR BUILDING BLOCKS
The four core Building Blocks!

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STEP ONE

YOUR BUILDING BLOCKS

Who we are and we react to the world is a mix of thousands of Building Blocks in what we call on The Possibility Path, the Tiny Little House that makes you you.

But the core 4 are: Gender, Era, Family, and Events.

Each one affects us differently in how we relate to the relationships in our lives.

Feel free to go through each one individually or pick one and focus on that just for today.

THINK OF YOUR CHOSEN TOPIC

Then answer the following questions:

GENDER

The first question asked about us at birth is our gender. It is currently the most definitive part of what creates possibilities in our lives. How others feel about our gender, how our world, the country, and even the groups our parents are involved in feel about our gender, affects how we see the possibilities in every relationship we have.

Think of your chosen topic, then answer the following questions:

What gender were you assigned at birth?

*No matter what you identify with, when you are born, your body birth is assigned to you and that creates the relationship with it from the start.

List some of the old words that you think of when you think of your gender in relationship to your topic:

If you could open up to new possibilities and create a **NEW path** for yourself with your gender in this world, what would it look like?

List the new words and describe the new path:

ERA

What Era we are born into creates the possibilities for ourselves. If you were born in the 1700's you would not own a smart phone or drive a car. Owning property, marriage relations, family dynamics, and all aspects of daily life are driven by this one topic.

What Era were you born into?

What Era do you live now?

How does that affect your relationship with the possibilities you have for your chosen topic?
Does it open you up? Or close you down? Overwhelm you, or inspire you?

FAMILY

The family we are born into and the family who raises us as children is the core foundation of setting the ground rules for how we experience relationships in our lives. We get a PhD in relationships before we may even have memories!

How others relate to each other and the position we hold or are given in the family affects all our relationships.

What did you learn about your chosen topic in your family?

If you could change anything and learn a new way of living then the one you were taught, what would you like to learn about your chosen topic?

EVENTS

Things happen in life. Events happen that we cannot control. What happens and how we relate to what happens are two different things. We cannot control what events happen in our lives. (ie: our parents divorce, we move, start a new elementary school, a favorite grandparent dies, someone we love gets in an accident, etc, etc..)

We can control how we relate to these events. Growing up, our reactions are more unconscious involuntary. As adults, we get to choose. We can reframe and learn from the reactions we have to the events in our lives.

What is ONE event in your life that has affected your relationship with your chosen topic?
List and describe:

How did you react to this event?
List and describe:

If you could react differently to an event like this in the future, how would you LIKE to react?
List and describe:

These thoughts will be the basic for the rest of the program. Refer to them often and take more notes here if you wish!

Here's to the possibilities to come!

BONUS/ Homework

CHECK IN! ~ What is the ONE thing you decided to do to change your belief from the Short Cut?

What happened when you did it?
How did you feel? How has your relationship changed?

Move onto Step Two and learn how to take your next step!

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SHORT CUT

What Makes You...You!

A Short Cut is a Guided Visual Exercise that helps allow access to our own inner wisdom, our unconscious information Possibility Doorway, and our own inner intuition.

Listen to each Short Cut and then process your insights.

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand or realize things that are not in the questions. Allow. It is your time. It is your program. It is your inner wise self.

Go where the journey takes you!

List your insights!

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*By entering this program, you understand that this copyright material and should not be shared with anyone who is not in this program. *Couples doing it together can do one program together.*

Because this is a personal development program, please understand the importance of keeping this material private within the group or your coaching time.

*Feel free to share the insights, ideas, and growth you have experienced with people you trust and who care about you, including family, friends, coworkers, therapists, doctors, etc. and of course the group that you are working with on the **Possibility Path**.*

Please direct any professional questions to thepossibilitypath@gmail.com

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