

Molly's Short List

How to Improve Your Relationships



- ◆ Be yourself.
- ◆ Accept other people as they are.
- ◆ Listen without judgment, hear their perspective and beliefs. (This means letting go of right and wrong, and accepting that their view is just different.)
- ◆ Share your perspectives and beliefs respectfully.
- ◆ Ask for what you want without expecting to get it.
- ◆ Accept what you get.
- ◆ If, after asking for what you want in a relationship and reviewing what you are receiving, the relationship is not adding to your life, consider letting go of that relationship.
- ◆ Be grateful. Let other people know what they add to your life.
- ◆ Experience the joy of giving to others.



If you ask for what you want,
and accept what you receive,
you will get what you need.

From the *Path to Happiness*
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