

RELATIONSHIP REBOOT CHAULENGE DAY FIVE: COMMUNICATION

PROPERTY OF THE SOLANO COMPANY 2020

KEY TAKEAWAYS FROM TODAY'S LESSON:
WHAT I CAN DO TO START SHOWING UP FOR MY 50% OF THE RELATIONSHIP AND ANY FEARS OF CHANGE:
ISSUES THAT NEED TO BE DISCUSSED & HOW I CAN IMPROVE MY COMMUNICATION:

(ASSANDRA SOLANO, LCSW