



YOUR RELATIONSHIP CLARITY PLAN

Name What You Need

The foundation for every next step. A free plan matched to your Relationship Clarity Scorecard.

Your relationship clarity plan: Name What You Need



Did you know most of us can tell you exactly what our partner needs, and draw a blank when it comes to ourselves? Many of us learned early to read everyone else first and ourselves last.

That makes it hard to decide anything about a relationship. If you're not sure what you need, you can't tell whether you're getting it, or what to ask for.

What if I told you clarity starts here? Not with a decision, but with knowing yourself well enough to make one. How you live your life is a reflection of how you relate to all the pieces inside of it, including you.

*With you in it,
Dana*

A NOTE ON YOUR RESULT

Your scorecard result isn't a verdict. It's a starting point. Mixed feelings, doubts and hopes are all information. The decision stays yours.

HOW TO USE THIS WORKBOOK

Three exercises, about 20 minutes each. Do one a day, or all three in one sitting. Before you start, notice: "I'm arriving feeling ____, and I notice it in my ____."

EXERCISE 1

Needs, wants and dealbreakers

Sort what you can't live without, what you'd love, and what you won't accept. Write fast and don't edit. There are no good or bad answers here, just yours.

NEEDS: I CAN'T FEEL AT HOME
WITHOUT

WANTS: I'D LOVE

DEALBREAKERS: I WON'T
ACCEPT

Which of these have I said out loud to my partner?

EXERCISE 2

Mine, ours, or my season?

Not everything you feel is about the relationship. Some of it may be about what's changing in you: work, identity, kids growing up, a milestone birthday. Sorting it out helps you see what's really asking for attention.

About us	About me	Both
What's happening between us	What's changing in my own life	Where they overlap

What surprised me when I sorted it this way?

EXERCISE 3

My needs, in one sentence each

Choose your top three needs from Exercise 1. Write each one as a single sentence you could say out loud. Start with "I need" or "I would feel more connected if..."

Need 1

Need 2

Need 3

Read them out loud to yourself. Notice what happens in your body. A little nervousness is normal. It often means something true.

Now that I can name what I need, what do I want to do with it?

BEFORE YOU CLOSE THIS

You know what you need

You don't need to decide everything today. You need to know yourself well enough to decide well.

Notice. Name. Need.

If you'd like help turning what you wrote into a next step, book a free 30-minute consultation. And tell me: which need surprised you most?

- Bring this workbook and your scorecard results
- We'll look at what came up and what you want next
- You'll leave with one or two next steps that fit your life, and no pressure either way

BOOK YOUR FREE CONSULTATION

danapeterscoaching.com/book

COACHING

Individuals and couples, in person in
Lafayette, CA and online

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