

Relationship Building Worksheet



Sometimes, in our relationships whether it be a family member, friend, or partner, we get so caught up in our own life and problems that we forget to appreciate those close to us! That is why sometimes it can be great to take a few minutes to learn more about the ones you love and remind yourself of some of the reasons why you appreciate and love them! Below are a few ideas of some questions you can ask!

I am grateful for my
them because...

- 1.
- 2.
- 3.

My favourite memories
with this person
include...

- 1.
- 2.
- 3.

They show their love
towards me by...

- 1.
- 2.
- 3.

The qualities that I like
about them include...

- 1.
- 2.
- 3.

We would like to travel
to:

- 1.
- 2.
- 3.

Some of our goals for
the future include:

- 1.
- 2.
- 3.

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Their strengths are..

- 1.
- 2.
- 3.

Some things that we
could work on are...

- 1.
- 2.
- 3.

The things we have in
common include...

- 1.
- 2.
- 3.

The places we enjoy
going together
include...

- 1.
- 2.
- 3.

We have a good time
together when we...

- 1.
- 2.
- 3.

The things that make
them happy include...

- 1.
- 2.
- 3.

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