

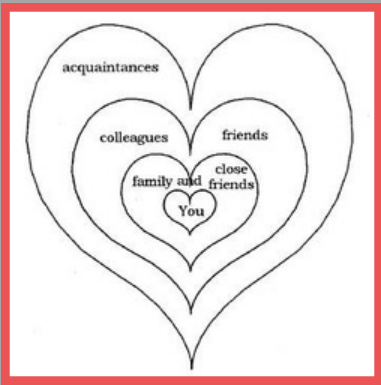
THE 10 COMMUNICATION COMMANDMENTS



Top 10 Mistakes That Prevent You Consistently Enjoying Robust Relationships that Create Awesome Health & Wealth Outcomes at Home & Work

+
10 Simple Life Giving Solutions To Fix Them

LET'S FACE IT WITHOUT ROBUST RELATIONSHIPS LIFE SUCKS



No one's perfect and it's totally OK to make mistakes as long as we learn from them and do our best to grow from what we've learnt.

I often say "I like to learn from my mistakes that way I can be the smartest person I know." Lol!!!

We tend to fall prey to the 10 Robust Relationship mistakes more often than we care to admit.

Imagine if you could master them?

How different would your life be with significant friends, loved ones and work relationships?

Pretty awesome don't you think?

RECOMMENDATION



I recommend you become familiar with each Commandment. Focus on one for a week (over 10 weeks you'll visit each Commandment and Life Giving Solution) and then keep repeating this process.

Each time you'll discover a deeper level of understanding about yourself and the other people in your life. You'll fine-tune your learning and reap the rewards of greater consistent growth.

You'll see how your instinctive unhealthy behaviours kick in and don't work for you and you can empower yourself by replacing them with a robust Commandment and Life Giving Solution.



As you integrate the strategies suggested CONSISTENTLY and I mean CONSISTENTLY not just when it suits you, you'll find your overall well-being within relationships and even within yourself will greatly improve.

You'll even gain better outcomes with your health and wealth creation.

THE DEEPER WHY

Know that frustrating angst with a significant person affects the quality of our life on SO many levels and in varying ways that may on the surface seem totally unrelated.

The consequences of this ripples out and infiltrates into where we often unknowingly make poor decisions for ourselves.

For example, self-destructive habits or behaviours that further "stuff up" our life being more prosperous, healthier and happier.

Compartmentalising our life doesn't work long term; when there's deep unresolved issues they'll play out in ways that create undercurrents of emotional, physical and financial limitations and ultimately unsatisfactory outcomes.

We then tend to resort to the "Spot Fire" or "Quick Fix" mentality which can be very costly financially and detrimental to ourselves and important relationships long term without even understanding HOW or WHY because the root of the problem has been buried.

The core of the actual issue is ultimately hidden; masked with the day to day humdrum of life. We're often in "Default Mode" or "Remote Control" and miss the opportunities to circuit break the perpetual cycle of self-sabotage.

Click on Each of the 10 Commandments Below for Your Life Giving Solutions

1. I shall not pre-judge no matter how the situation may appear.
2. I shall always take time to breathe calmly before I respond to challenging situations.
3. I shall always make the appropriate time to air my concerns and issues with others.
4. I shall always commit to improving my behaviour no matter what.
5. I shall always be - PRESENT, LISTEN and HEAR what others say to me no matter what.
6. I shall not blame others for my poor behaviour.
7. I shall not be insensitive or hurtful to others no matter what.
8. I shall be open and receptive to others' doing and Being different from me.
9. I shall always live my Highest Values and allow others to do the same for themselves.
10. I shall always empathise and respect other peoples' needs.

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NOTE: If you relate to the above I'd love you to STOP and dig deep to see where you can transform your HABITUAL THOUGHT PROCESSES, PERCEPTIONS and ATTITUDES to be conducive to possessing greater EMPATHY, RESPONSIBILITY AND INTEGRITY.

It's important to stress that being "Conducive" doesn't mean burying or "Turning a blind eye" or accepting undermining or disrespectful behaviours from you or others.

It's about setting a healthy benchmark to hold yourself accountable too first (this goes beyond opinion and power struggles and into TRULY wanting to honour yourself and others).

The key is to set up clear guidelines with others regarding how you can interact on a CONSISTENT BASIS to create robust relationships all round.

ROBUST RELATIONSHIP SUMMARY

After having a read the Top 10 Robust Relationships' Commandments and Life Giving Solutions, you might be tempted to point out various areas that apply to those "DIFFICULT PEOPLE" in your life. You may even want to circle what you think they "should" know.

Instead, I'd love you to acknowledge that there are things you can both do to help, KEEPING THE FOCUS ON YOUR OWN BEHAVIOUR and do your best to integrate these changes with a sincere intent to take "The Higher Road" and to live "The Best Version of You" consistently.

I recommend to do this even if at times it looks like it's futile or not working I challenge you to do them anyway and continue to do them.

Let's be honest the old way doesn't work. You end up getting the "same old same old". Being willing and committed to follow through at least means you'll be in a better place within you and over time this'll reflect back better outcomes in many "so called" unrelated areas of your life.

What have you got to loose?I mean it's our small self (the unhealthy aspect of our ego) that nags us into submission and fools us time and time again that our negative dialogue is the truth.

Blast this ego propaganda out the window and reap the rewards of connected robust interactions that at best bring much joy love and prosperity and at worst empowerment to no longer be the victim or martyr so you make positive choices that have far reaching benefits in all facets of your life.

It's a "No Brainer" really!

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"When you connect with the sovereignty of the "whole you" it translates into extraordinary outcomes because you're no longer functioning with the limited filters and diluted versions that have hindered you in the past."

Would you like to benefit from more insight, tools and awesome transformation working with me?

Join me at my next Awesome Prosperity Paradigm Elevation Event

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