



SOLE EFFECTS

Leadership Journey

07 HEALTHY RELATIONSHIPS

Switch Fitting In *to* Belonging

SOLE FX JOURNEY

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Question Connection

Reflect Back

- ▶ Return to your **GPS** in your Leadership Guidebook and review your **Goals**.
- ▶ Update any new **P**rogress and **S**uccesses from our previous Adventures.
- ▶ Choose something to share.

Gear Up

- ▶ What is something your **SOLEFX** Team does not know about you?

Look Ahead

- ▶ If you gave or received a random act of kindness recently, what was it? How did it make you feel?



HEALTHY RELATIONSHIPS

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SOLE FX JOURNEY



Adventure Introduction

LEARN

- **Confident leaders** are humble and empathetic, and they build relationships based on mutual respect. **Healthy relationships** make you feel understood, supported, and strong enough to be yourself, so you can authentically connect with others.
- **Insecurity** comes from an overall uncertainty about one's worth, abilities, or skills. In relationships, people with low self-confidence are unable to be vulnerable or trust others.
- **Confidence** is believing you are capable and recognizing your self-worth. It is not about being perfect or better than someone else, but trusting your abilities, qualities, and judgment.



Switch Insecure to
Confident





Negative FX & Positive FX

LEARN



Negative FX Insecure people are often jealous, experience more anxiety, fear failure, and tend to overreact. These traits create toxicity within relationships.

Positive FX Confident leaders communicate assertively and have healthier relationships. They're emotionally strong, so they don't waste time comparing themselves to others, needing to prove their worth. They aren't stressed because they take their own path toward success.



Adventure Visual

RELATIONSHIP SKILLS

<u>Unhealthy</u>	<u>Neutral</u>	<u>Healthy</u>
Apathetic		Adventurous
Insecure/Negative		Confident/Uplifting
Judgmental		Accepting
Stressed		Relaxed
Competitive		Supportive
Passive or Aggressive		Assertive
Controlling		Compromising
Self-Centered/Critical		Listens/Cares



Adventure Goal



Our Goal



TO SHOW STRENGTH

Be the strongest version of yourself by creating relationships of mutual respect.



In Today's Adventure You Will:

- ▶ Assess the health of your current friendships.
- ▶ Assess your own strengths as a friend.
- ▶ Create relationship boundaries for mutual respect.



Self-Reflection 1

**ENGAGE**

FRIENDSHIP ASSESSMENT

Identify three friends you spend the most time with, online and offline. Using only your friends' initials, assess these relationships on a scale of 1-5 and then total each column

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

Friend 1's
initials ____

☐
☐
☐
☐
☐
☒
☐
☐
☐
☐
☐
☐
☐
☐
☐

Total

Friend 2's
initials ____

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Total

Friend 3's
initials ____

☐
☐
☒
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Total

- Their values are similar to mine.
- They relieve my stress when we're together.
- They listen to me, and I can assertively tell them what's right for me.
- They are uplifting.
- They care about me.
- They don't judge or make negative comments about me or others.
- They accept who I am, and trust that they'll respect who I am.
- They have healthy habits.
- They are supportive of my other friendships.
- They are someone I'd go to if I needed help.
- They are fun to be around.
- They are trustworthy.
- They are happy for me when I am successful.





Self-Reflection 1 Continued



Rating Scale

Reflect on your total scores by reading through these friendship descriptors.

55–64 Healthy Friendship: This friend will bring out the best in you, so continue to nurture this relationship!

As you spend time together, you will positively influence each other.

45–54 Good Friendship: This relationship is fairly uplifting, but there is room for growth. Pay attention whether the relationship continues to be a positive influence in your life.

30–44 Indifferent Friendship: This friendship is not leading you toward a more positive life. Consider spending more time in healthier relationships. However, you might be the positive influence this person needs.

29& below Unhealthy Friendship: This relationship is concerning. It is not a healthy relationship, and you should try not to spend much time with this person. Take the time to seek out people who respect and empower you.



Self-Reflection 2



ENGAGE

SETTING BOUNDARIES FOR MUTUAL RESPECT

Think of two difficult relationships that bring you stress. Complete the chart below.



My relationship to them. Friend, parent, sibling, teacher, classmate, etc.	What makes it difficult, and how do you feel? They gossip and put me down. I feel uncomfortable and angry.	Assertive actions I can take. Don't engage. Tell them to stop. Say, "I don't think that's funny."



SOLEFX *Team Discussions*



- Mark on the unhealthy to healthy spectrum's where your skills fall.
- Reflecting on these, what are your relationship strengths?
- What is a relationship skill to improve, and how can you work on this?

- What's the most important thing you look for in a friend?
- What do your friends do to support you and build your confidence?
- What do your friends do that make you insecure or bring you down?
- Share something unique you appreciate about each friend.

- ▶ Without using names, share your relationship challenges and how these affect you.
- ▶ Exchange ideas on how to assertively deal with these challenges.



Strategies for Healthier Habits



HEALTHY RELATIONSHIPS

Switch Insecure *to* Confident

Step 1

Choose a strategy that will help you to create healthier relationships.

Step 2

Reflect back on what you learned about yourself and from others during your discussions.

Step 3

Return to your Leadership Guidebook and locate your **GPS** for Adventure 07 to:

- » Set Your **Goal**
- » Track Habit **Progress**
- » Build on **Successes**



TO SHOW STRENGTH

Strategies to Develop Healthier Habits

- ☐ Distance myself from negative people.
- ☐ Spend time with uplifting people I like and respect.
- ☐ Be a more empathetic and supportive friend.

Switch the Story *Live* Your Adventure



Your Working GPS

Adventure **07** HEALTHY RELATIONSHIPS *Switch* Insecure *to* Confident

Goal: I will

Progress HABIT *Plan* **TO SHOW STRENGTH:**

H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Just starting.

Making progress.

It's a habit!

Signs of **Successes:**

-
-
-
-
-



HEALTHY RELATIONSHIPS

