

PURPOSEFUL RELATIONSHIPS



KEENISTIC

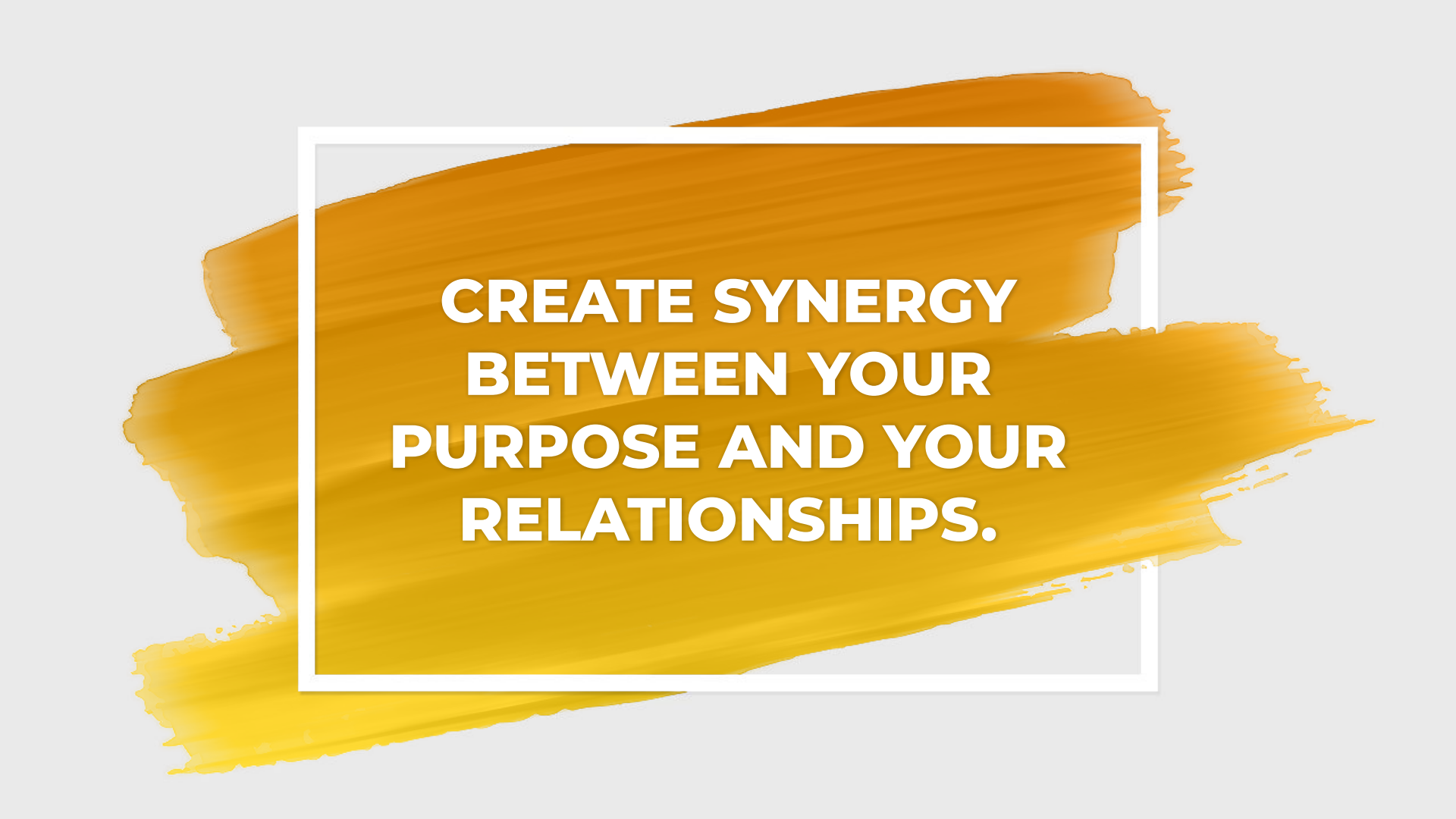
COURSE



WHY RELATIONSHIPS?



KEENISTIC



**CREATE SYNERGY
BETWEEN YOUR
PURPOSE AND YOUR
RELATIONSHIPS.**



**CREATE A LIFE FULL OF ENERGY,
ENGAGEMENT, AND JOY.**



“

*Just thinking of interacting
with others gives me social
anxiety.*



“

*I struggle to find the
motivation to start my own
business.*



“

*I feel often feel stuck and
uninspired. I don't know where
to begin.*



“

*When I spend time with my
parents I feel drained.*



**WE CAN SOLVE
THESE PROBLEMS!**

HOW?



Understanding where you are.

It's hard to know where you want to go if you don't know where you are at. After we understand where we are, we can choose which direction to go.



Focus on relationships.

Our relationships define our environment. Our environment creates our behaviors. If we improve our relationships, we improve our life.



Design your Environment.

Motivation alone cannot change anything. By basing the process of behavior design, we'll create habits, relationships that will stick.



HOLD ON...

Why not focus on a solution
right now?

MINDSET, PROCESS, & AMBIGUITY



Relationships are ambiguous.

Relationships are not puzzles with a prescribed process for reaching an answer. Each one is unique, and the steps to create and improve them will be different. Because there is no magic process, you must become comfortable working with ambiguity.



Mindset, process, confidence.

This course will give you the mindset, tools, and confidence to design, build and evaluate your life and relationships. While learning new techniques is useful, developing a mindset and process leads to sustainability results.

YOUR TOOLSET



Know where you are



Understand your relationships

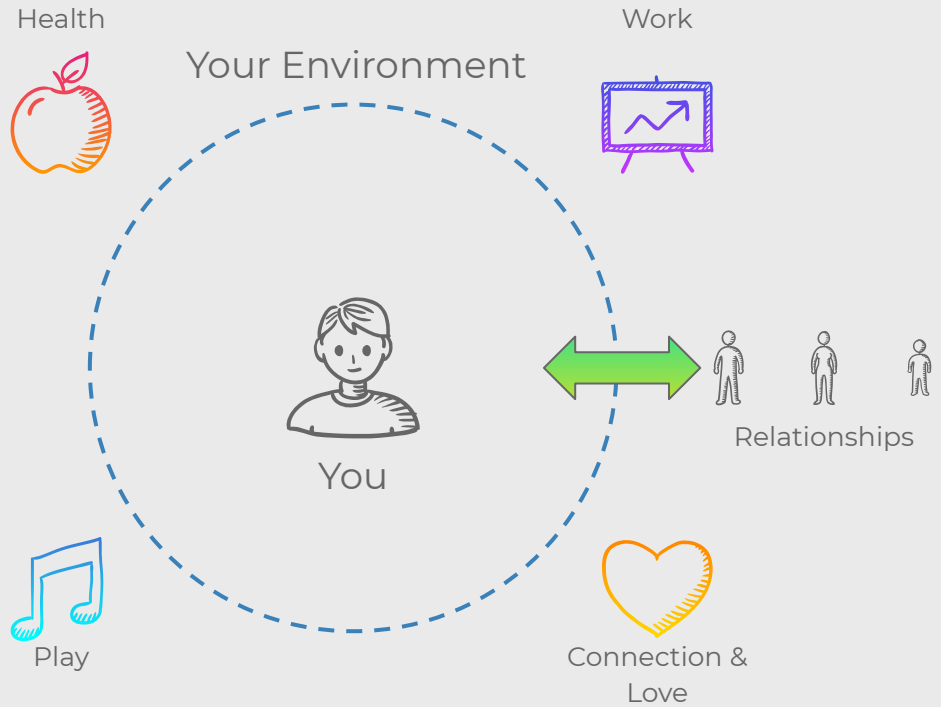


Create your environment

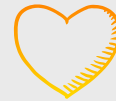
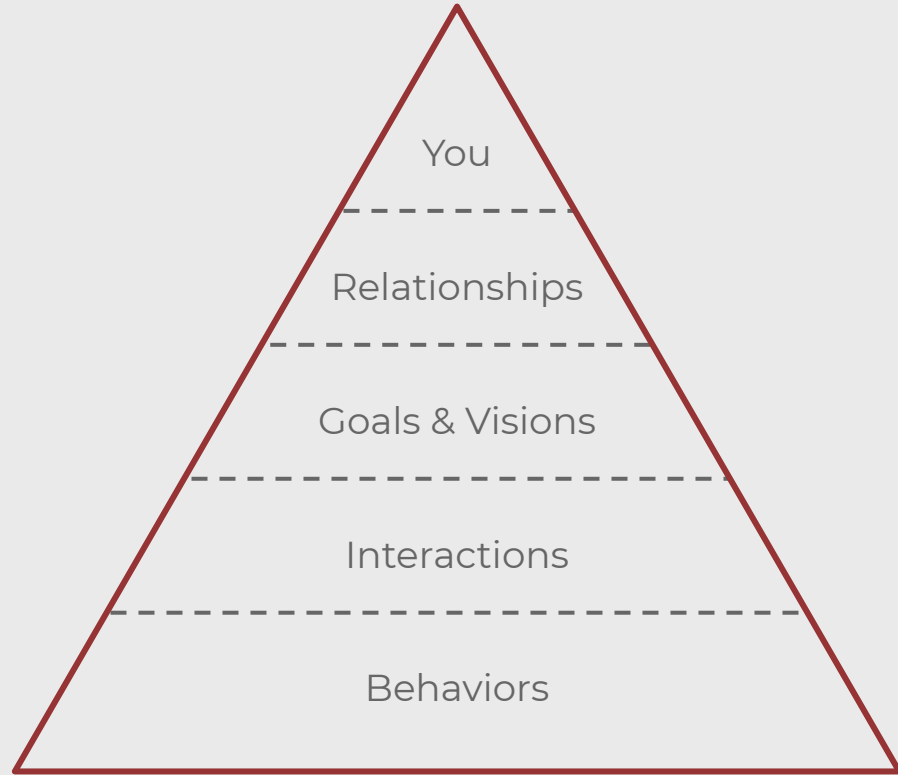


Discover your **purpose**, create fulfilling **relationships**, and achieve your **dreams**.

HEALTH, WORK, PLAY, LOVE



THE PROCESS



THE PROCESS



YOU

Check-in to see how it's going, what matters, and where to focus.

RELATIONSHIPS

Discover the impact of your relationships and uncover new opportunities.

GOALS & VISIONS

Use goals to create shared visions that are build around what you want to know, feel, and do.

INTERACTIONS

Identify key interactions to focus on to create impactful and fulfilling relationships.

BEHAVIORS

Develop the capability and confidence to build relationships step by step.

A high-altitude mountain landscape. In the foreground, a hiker wearing a blue jacket and dark pants stands on a rocky, snow-covered ridge, looking out over the terrain. The middle ground is dominated by a vast, white sea of clouds that fills the valley and surrounds the lower slopes of the mountains. Above the clouds, the sky is a clear, deep blue. The entire scene is framed by a white border that has a torn-paper effect at the top and right edges.

LET'S GET STARTED ON YOUR JOURNEY



ON TO THE NEXT LESSON!

