



SOUL JOURNEY
CREATE A LIFE YOU LOVE

MEN ON FIRE
IGNITE YOUR LIFE

**HOW TO
COMMUNICATE**
Your Needs & Wants



HOW TO *Communicate* YOUR NEEDS & WANTS

Love is a beautiful thing; love makes the world go round yet sometimes we can let so many things get in the way and not share what we really want and need. Often it can be out of fear of rejection or disappointment that our needs won't be met. Honesty and an open heart will allow you to open up a conversation.

We have created this comprehensive workbook to guide you both, step by step, through the questions that give more clarity on what you both need and want, and what boxes you check off for each other.

Communication is key, let us say that again, communication is key! No one is a mind reader, so we have to be clear with ourself before we can be clear with our partner. Don't assume they should just 'know' what you want, you have to be able to communicate it as neutral as you can. The other person's job is to really listen and hear you.

Let's begin. Create a communication style that works for you. Have rules around healthy communication & interrupting, and set clear parameters for the language that is acceptable.

Create an intimate time without distractions, light candles, relaxing music. Be PRESENT and be HONEST. Use I WANT/NEED statements.

What you WANT?

- _____
- _____
- _____
- _____
- _____
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- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

What do you NEED?

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- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now that you have completed your list, hand it to your partner and have them check the boxes that they are willing to provide or are in alignment with you. Hand them back and celebrate the check boxes that you each have and thank you partner for that. Then have a constructive conversation about the boxes that are not checked and what would I take to check that box for each other.

What DON'T want?

How important is: (rate scale of 1-10)

Me		My Partner	The Difference
_____	Health	_____	_____
_____	Fitness	_____	_____
_____	Vacation	_____	_____
_____	Retirement	_____	_____
_____	Kids	_____	_____
_____	Money	_____	_____
_____	Free Time	_____	_____
_____	Time Together	_____	_____
_____	Friends	_____	_____

What are your values in your relationship?

What are your goals for your life?

What are your goals for your relationship?

Vision of what you want to create together?

Congrats you did it!! Now communicated what you need and want to each other. It may have taken you multiple days to get it filled out, or maybe you booked a day just for the two of you, either way you need to celebrate your commitment to your relationship and digging deep, getting honest and sharing what you need and want, even if there were a few bumps along the way. You showed up for yourself and each other, honoring your truth, that's what matters.

Compare where you match and where you don't. Celebrate when you see you are on the same page together and for the ones you are on different pages, discuss where can you come together in the middle or create something new together!

There might be deeper work that you need to do with yourself and together to let go of your past, forgive yourself and each other and learn how to create a new healthy foundation for your relationship. We want you to know we are here to support you both.

OUR GIFT TO YOU COMPLIMENTARY CONNECTION CALL

Email: souljourneynow@outlook.com to book - Promo Code: MOM

We'd love to hear how this workbook impacted you and your relationship. Reach out and let us know.

Travis Belanger & Michelle Bateman are a passionate couple who model what healthy connected love looks like in action. They are successful coaches, Travis coaches men and Michelle is a Transformational Soul Coach for women. Together they are committed to supporting couples to create more connection, intimacy, self reflection and intentional conversations to get on the same page.

REACH OUT AND CONNECT

You can reach Michelle at Soul Journey

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You can reach Travis at Men On Fire

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