## My Relationships



Your relationships with yourself, co-workers, family members, friends, pets and others can either be a source of joy and energy in your life, they can fulfill you or they can drain you.

👝 l show friendship and caring by...

– I appreciate people that...

🗕 Friends and family fuel my energy by... \_\_\_\_\_

I would like to take action with My Relationships by...

I need support in order to...

Walton Family Whole Health & Fitness