

# Checklist for Nurturing Healthy Relationships

Relationships with others help form our human experience—both at work and at home. Use this checklist as a beginner’s guide to having healthy relationships.



- Balance of oneness and separation from each other.
- Each can enjoy being alone and privacy is respected.
- Communication is open and spontaneous (including listening.)
- Each enjoys doing things for self, as well as for the other person.
- Rules/boundaries are explicit, yet allow flexibility.
- Individuality, freedom and personal identity is enhanced.
- Play, humor and having fun together are commonplace.

Discover more ways to improve your relationships at  
**Insights.VITALWorkLife.com**