

THE FULL POTENTIAL RELATIONSHIP

& THE SOCCER FIELD MODEL

No love for soccer needed!

RESPECT

BUSINESS

LEADERSHIP

RESILIENCE

TEAM

COMMUNICATION

BOUNDARIES

Love

FAMILY

BALANCE

FRIENDSHIP

COCO
DECROUPPÉ

THE FULL POTENTIAL RELATIONSHIP

YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

41 QUESTIONS FOR SELF-REFLECTION

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YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

41 QUESTIONS FOR SELF-REFLECTION

Just like in a soccer game you have your individual beliefs or set of *rules* around relationships. Throughout my book „The Full Potential Relationship“ I invite you to do little exercises and think about your own life. These 41 exercises with your personal answers are the first step to defining your “10 Relationship Rule”. I will lead you through this step-by-step process here. Use the following pages to write down your answers or relationship guidelines, as well as clarify your personal relationship rules. Your relationship rules will help you gain focus on your full potential individually as well as in relationships. Keep in mind that they are “yours”, you can change them any time.

Your RELATIONSHIP GUIDELINE No 1:

Your RELATIONSHIP GUIDELINE No 2:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 3:

Your RELATIONSHIP GUIDELINE No 4:

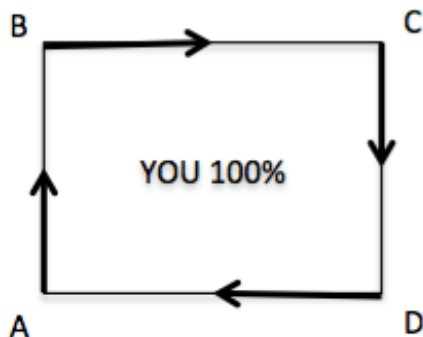
Your RELATIONSHIP GUIDELINE No 5:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 9:

Your RELATIONSHIP GUIDELINE No 10:





YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 11:

Your RELATIONSHIP GUIDELINE No 12:

Your RELATIONSHIP GUIDELINE No 13:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 14:

Your RELATIONSHIP GUIDELINE No 15:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

CHECK IN: PART 1

Make some notes about what you would like to take with you from the chapter “**RELATIONSHIP WITH YOURSELF**”! Write down specific keywords/sentences you liked in part 1 of the book, as well as keywords/sentences you liked about your answers:

Well done!!



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

RELATIONSHIP RULES (PART 1)

Now use the previous page to define your first three “Relationship Rules”. They can be very simple and short. Keep in mind there are no right or wrong answers. All that matters is that they are personal to you! Your relationship rules could start like this: I am ...; I allow ...; I will ...; ...

Your RELATIONSHIP RULE No 1: _____

Your RELATIONSHIP RULE No 2: _____

Your RELATIONSHIP RULE No 3: _____



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 16:

Your RELATIONSHIP GUIDELINE No 17:

Your RELATIONSHIP GUIDELINE No 18:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 19:

Your RELATIONSHIP GUIDELINE No 20:

Your RELATIONSHIP GUIDELINE No 21:

Think of one specific relationship and think of one value that is very similar to your partner, and of one that is different.



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 22:

Your RELATIONSHIP GUIDELINE No 23:

Your RELATIONSHIP GUIDELINE No 24:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 25:

Your RELATIONSHIP GUIDELINE No 26:

Your RELATIONSHIP GUIDELINE No 27:





YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 29:

Your RELATIONSHIP GUIDELINE No 30:

Your RELATIONSHIP GUIDELINE No 31:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

CHECK IN: PART 2

Make some notes about what you would like to take with you from the chapter “**RELATIONSHIP WITH AN OTHER**”! Write down specific keywords/sentences you liked in part 1 of the book, as well as keywords/sentences you liked about your answers:

Great job!!



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

RELATIONSHIP RULES (PART 2)

Now use the previous page to define another three “Relationship Rules”. They can be very simple and short. Keep in mind there are no right or wrong answers. All that matters is that they are personal to you! Your relationship rules could start like this: I am ...; I allow ...; I will ...; ...

Your RELATIONSHIP RULE No 4: _____

Your RELATIONSHIP RULE No 5: _____

Your RELATIONSHIP RULE No 6: _____



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 32:

Your RELATIONSHIP GUIDELINE No 33:

Your RELATIONSHIP GUIDELINE No 34:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 35:

Your RELATIONSHIP GUIDELINE No 36:

Your RELATIONSHIP GUIDELINE No 37:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 38:

Your RELATIONSHIP GUIDELINE No 39:

Your RELATIONSHIP GUIDELINE No 40:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

Your RELATIONSHIP GUIDELINE No 41:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

CHECK IN: PART 3

Make some notes about what you would like to take with you from the chapter “**RELATIONSHIP WITH TEAMS**”! Write down specific keywords/sentences you liked in part 1 of the book, as well as keywords/sentences you liked about your answers:

Fantastic!!



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

RELATIONSHIP RULES (PART 3)

Now use the previous page to define another three “Relationship Rules”. They can be very simple and short.

Keep in mind there are no right or wrong answers. All that matters is that they are personal to you! Your relationship rules could start like this: I am ...; I allow ...; I will ...; ...

Your RELATIONSHIP RULE No 7:

Your RELATIONSHIP RULE No 8:

Your RELATIONSHIP RULE No 9:



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

RELATIONSHIP RULES (EXTRA)

Use your Relationship Guideline No 41 to define your “Relationship Rules No 10”:

If you forgot everything you read about in this book, what would be *one particular key point* that you always want to *remember* and take with you?

Your **RELATIONSHIP GUIDELINE No 41:** (see page 19)

What is important about your answer? _____

How can you bring more of it into your everyday life? _____

Use these answers to define your **RELATIONSHIP RULE No 10:** (I will ...; I am ...; I can ...;)



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES

MY 10 FULL POTENTIAL “RELATIONSHIP RULES”

Write down the full list of your “**10 Full Potential RELATIONSHIP RULES**” and put them in a place where you can see them every day. After some time come back and double check if they are still aligned with your full potential.

Your RELATIONSHIP RULE No 1: _____

Your RELATIONSHIP RULE No 2: _____

Your RELATIONSHIP RULE No 3: _____

Your RELATIONSHIP RULE No 4: _____

Your RELATIONSHIP RULE No 5: _____

Your RELATIONSHIP RULE No 6: _____

Your RELATIONSHIP RULE No 7: _____

Your RELATIONSHIP RULE No 8: _____

Your RELATIONSHIP RULE No 9: _____

Your RELATIONSHIP RULE No 10: _____



YOUR 10 FULL POTENTIAL RELATIONSHIP RULES



CONGRATULATIONS

for defining your “10 FULL POTENTIAL RELATIONSHIP RULES”!

I invite you to try a coaching session with me online. Send me an email to info@cockpitcoaching.com to make an appointment.
Connect and share with me what you liked or what parts were more challenging for you.

If you would like little reminders of how to live your full potential,
sign up for my newsletter on my website and follow me on instagram/facebook.



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