



Effective Strategies for Sharing Your Goals With a Loved One

Opening your heart and sharing your dreams with a loved one, even if their support isn't immediate, can feel like a storm to come. When sharing your dreams, desires, goals, you are exposed and vulnerable. But fear not, for there are strategies that can guide you through this journey that can create care and understanding. These gentle approaches of effective communication may just help you find the support you seek and nurture the bonds that tie your hearts together. Evolving your shared path into a tapestry of mutual dreams and aspirations. Here are some tips and a worksheet to help:

1. **Choose the Right Time and Place:**

- Find a quiet, comfortable setting where you can have an uninterrupted conversation.
- Pick a time when both you and your loved one are relaxed and open to discussion.

2. **Be Prepared:** *(There is a worksheet included below)*

- Before the conversation, organize your thoughts and clearly define your goals.
- Anticipate questions or concerns your loved one may have and prepare responses.

3. **Express Your Feelings:**

- Start by sharing your feelings and why this goal is important to you.
- Use "I" statements to convey your emotions and experiences.

4. **Be Specific:**

- Clearly articulate your goals, the steps you plan to take, and the expected benefits.
- Specificity can help your loved one better understand your intentions.

5. **Listen Actively:**

- Give your loved one the opportunity to express their thoughts and concerns.
- Listen attentively without interrupting and validate their feelings.

6. **Empathize:**

- Show empathy by acknowledging your loved one's perspective, even if you disagree.
 - Try to see the situation from their point of view.
7. **Stay Calm and Patient:**
 - If met with resistance, avoid becoming defensive or argumentative.
 - Maintain your composure and patience throughout the conversation.
 8. **Focus on Benefits:**
 - Highlight how your goals align with your shared values and can ultimately benefit both of you.
 - Emphasize how achieving these goals can positively impact your relationship.
 9. **Address Concerns:**
 - Address your loved one's concerns with empathy and solutions.
 - Offer concrete plans for addressing any potential negative consequences.
 10. **Give Them Time:**
 - Understand that it may take time for your loved one to adjust to the idea of your goals.
 - Be willing to revisit the conversation at a later date.
 11. **Enlist Supportive Allies:**
 - Share your goals with friends or family members who may be more supportive.
 - Sometimes, the influence of others can help change your loved one's perspective.
 12. **Show Progress:**
 - As you work toward your goals, share your achievements and milestones with your loved one.
 - Tangible progress can demonstrate your commitment and dedication.
 13. **Set Boundaries:**
 - If your loved one's lack of support becomes detrimental to your progress, consider setting healthy boundaries.
 - Make it clear that while you value their opinion, you are ultimately responsible for your choices.
 14. **Seek Professional Guidance:**
 - If communication remains challenging, consider involving a coach, therapist, or counselor to mediate the conversation and offer guidance.

Remember that gaining support for your goals may take time and persistence. Stay committed to your aspirations while maintaining empathy and understanding toward your loved one's feelings and concerns. Over time, they may come to appreciate the positive changes your goals bring into your life and their own. At the end of the day you cannot expect others to want your goals more than you.

Dream Discussion Worksheet

What feelings do I want to express? (Use "I" and avoid "you")

What are some of my deepest dreams, desires, and goals?

Why are these dreams, desires, and goals important to me?

What are the steps I plan to take towards my goals? *(be specific)*

What are the expected benefits for... *(be specific)*

Me	Them	Others

What are some of the possible negative side effects? How likely will this happen. Is it worth my happiness? *(Do not overthink this area, let this stop you from completing the rest of this document, or from having this discussion. These are just thoughts and very likely not truths, just brain dump those fears.)*

Possible Negative Side Effect	To Happen Likely/ Not	Worth It Yes/No

How do these goals align with our shared values and future?

How can achieving these goals positively impact our relationship?

What are some possible questions or concerns my loved one may bring up? What are some solutions?

Possible Questions & Concerns	Solutions



What do I need from my loved one during this journey?

Who are some possible allies I can share this with before hand?

If you need any additional assistance completing the Dream Discussion Worksheet provided above. Or if your loved ones have questions about the services you're considering with me, please don't hesitate to reach out. I'm here to support every step of the way. We can schedule a free call or a virtual session to address any queries, provide clarification, and ensure that you have all the information you need to make informed decisions and embark on this transformative journey together. Your well-being and understanding are my top priorities. I'm looking forward to assisting you and your dreams.

jess.fraser@yourinnervitality.com

(905) 809-3590

