Let's Make Our Life More Wonderful Together

Use this worksheet to explore strategies for making life more wonderful for yourself and another. In the left column, write any requests (top half) or offers (bottom half) that you have. In the middle column, write the needs of yours that you think might be met. If there are more than two people, write the name of the person you have in mind.

Specific requests I would like to ask of you to make our life more wonderful	Needs of mine I think will be met by this request	Name
you to make our me more wonderful	mee by time request	
Things I would like to offer you to	Needs of mine I think	
make our life more wonderful	will be met	Name
		Name