

FLYING LESSONS:

Piloting Your Way To Better Relationships

A Workbook

**Your Introductory Flight Assessment
And some bonus, in-depth questions on 3 aspects of relationships**

The Flying Metaphor applied to Relationship Issues:

What would flying look like for you in your key relationships? Dream a brief “big dream” of who you might be if you stepped into your highest potential and fulfillment in a relationship that’s important to you. Describe it. Feel it as if it were already a reality. Spread those wings!

Flight Lesson #1: Always Know Where You’re Going to Land

Notes on my safe landing space, the solid ground to which I can return no matter what is happening on my relationships. (This might be something outside the relationship, like your faith, or it might be a way of being, like staying “in your essence.”)

Flight Lesson #2: Bring Enough Fuel for the Journey

What kind of fuel do you bring to your relationship? And what form of power or powerlessness? Notes on how I fuel myself, especially when I’m worried about relationships:

Bonus questions:

- ✚ In what way do you need to improve your self-care in order to be equipped to “soar” in your relationship?
- ✚ What kind of power do you want to cultivate in your relationships? The power of higher consciousness? Of compassion? Or the kind of power that controls?
- ✚ Do you give your power away to a perpetrator who makes you the victim? Or the rescuer? What kind of self-care do you need to plug back into your power?
- ✚ Are you burned out in a relationship? If so, what will re-fuel you? What if it’s up to you to do the re-fueling? How will you do that? Taking 100% responsibility is the core challenge for lesson #2.
- ✚ The core fear in lesson #2 is being powerless. How does this fear show up in your relationship?
- ✚ The gift of this lesson is stepping into your authentic power. When do you already do this well? When you don’t, what gets in your way? What work do you need to do around this lesson?

Flight lesson #3: Take the Pilot’s Seat

Notes on taking 100% responsibility for my own boundaries about healthy relationships and piloting with the wisest part of me:

Bonus Questions:

- ✚ How might it be helpful to take on “the beginner’s mind” about your relationships? What might you learn if you became a student?
- ✚ When and how do you avoid your reality within relationships, so as not to have to make tough decisions? (Clio: “No decision IS a decision.”)
- ✚ The challenge for lesson #3 is to trust ourselves. How is your self-trust level? What would it take to increase it?

- ✚ The fear associated with lesson #3 is the fear of not being good enough. Do you resonate? What is the medicine you would prescribe? (Clio's is practice.)
- ✚ Which part of you is in the pilot's seat regarding relationships—the small or young you or the wise old soul who is your real Self?
- ✚ Are you using key relationships to take care of the soul bird or its cage? Do you want your relationships to grow your inner life?
- ✚ For whom or for what are you waiting, before you really take the pilot's seat regarding relationships?

Flight Lesson #4: Remember Why You Long to Fly

Notes on what relationships mean to me, and how that relates to what life is all about:

Notes about which relationships make my heart sing:

Flight Lesson #5: Communicate with the Controllers:

Notes on how conflict or unhealthy incidents in relationships affect me and what I do about my response:

Notes about how I deal with negative “relationship scripts” from the past:

Flight Lesson #6: Broaden Your Scan

Notes on how I use intuition, instincts, heart and soul level/ spiritual guidance and information as well as logic to solve money problems:

Bonus questions:

1. Can you see your relationship clearly? This is the first step toward navigating. Which aspects are obscured for you, or cloudy?
2. Are you fixating on the gauges? Is the number of years the relationship lasts the bottom line for you? What is the bottom line?
3. If you look through the lens of the eagle and look down on your relationship, what do you see that you forget when you're "down on the ground?"
4. Clio advises us when we are lost to "aviate, then navigate, then communicate." So first, do you have control of yourself? You are your vehicle. How can you really take control and "fly the plane?"
5. Where are you and where are you going? Are you following the heading you chose? If that isn't working, what course correction will you make? Or will you just "wing it?"
6. What do you need to communicate about your situation, and to whom? What help do you need?
7. Since the rational mind is not very useful in unfamiliar territory, what does your heart say about your relationship? Your intuition? Your spiritual guidance?
8. When you ask your wisest, deepest self, "What do I need to do next?" what answer comes up for you?

Flight Lesson #7: Give Way to the Winds

Notes on surrendering attachment to outcome to my Source:

Post flight briefing:

Notes on reflections/ actions for the future

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