# Are You "Minding" Your Relationships?

**Read blog or click to listen**

http://aspiretogreatness.net/wp-content/uploads/2014/02/Are_you_minding_your_relationships917.mp3

As I was reading an article this morning on the benefits of mindfulness, I asked myself, "*How mindful are you in nurturing your relationships?*" Well, I must confess, there is room for improvement. **Mindfulness means paying attention in a particular way; more specifically, on purpose. Mindfulness involves a conscious direction of your awareness.**

How mindful are you about the health and strength of your relationships? Many of us place a high value on relationships, yet, we are not intentional in nurturing our relationships with our spouse, significant other, child, friends, family members, employees, colleagues, or business associates.

Is it possible, that you are taking your relationships for granted? Well, I will be the first to raise my hand and say "*Guilty as charged!*" Like many of you, I have a long list of competing priorities and distractions. Consequently, what I value most sometimes falls to the bottom of my list of "What's most important?" Today, I declare that *"I will begin "minding" my relationships on a higher level."*

To raise your awareness on how mindful you are in your

relationships, please consider the following questions.

1. What is your level of awareness regarding the strength and health of your relationships?
2. Are you purposeful in tending to the needs of those most important to you?
3. Are you purposeful in making a difference in their lives?
4. Are you open to healthy criticism, and do you provide constructive feedback to contribute to their growth?
5. Do you express compassion in their moments of vulnerability?
6. Are you emotionally available or disconnected?
7. Do you know what matters most to them?
8. Are you committed to their growth and success?

**The extent to which you nurture your relationships, will determine the level of joy, peace,**
**harmony and growth you experience within your relationships.**

As you are "minding" your relationships, it's important to note that you must take inventory of the people in your life that are adding value or are constantly taking and draining your energy. Anthony Robbins said, "*Some of the biggest challenges in relationships come from the fact that most people enter a relationship in order to get something: they're trying to find someone who's going to make them feel good. In reality, the only way a relationship will last is if you see your relationship as a place that you go to give, and not a place that you go to take.*"

**The people in your life is your greatest resource and the relationship you have with them is a gift.** All too often we are guilty of saying "*I'll do it later.*" Remember, tomorrow is promised to no one. **Cherish the people in your life and your relationship with them TODAY!**

Today I pray that we would all become more mindful in

nurturing our relationships.

Let us Live. Do. Be. Think HIGHER!

Have a great day and ASPIRE TO GREATNESS!