



## Love and Belonging

- Do I feel loved and like I belong with this person?
- Do I believe they love me no matter what or is it conditional love?  
Are we truly close?
- Do I think and feel like they care about me and what happens to me?
- Can I count on this person to be there for both the good and bad times?

## Power

- Do I feel in control of myself in this relationship?
- Do I understand that the only person I can control is myself?
- Does my partner understand the same thing?
- Do I feel important in this relationship?
- Do I feel respected and listened to?

## Fun

- Do I enjoy myself with this person?
- Do I laugh with my partner?
- Do I learn new things with my partner?
- Do I play with my partner?
- Am I adventurous with my partner?

## Freedom

- Do I share with my partner?
- Do I feel independent in my relationship?
- Do I make some of the decisions about what we do?
- Am I free to be creative?
- Do I feel free to say "yes" or "no"?



## WHAT WOULD YOUR EMPLOYEE SAY?

### Love and Belonging

- I feel cared about and like I belong in my workplace
- We have some good friends at work
- I think and feel like they care about me and what happens to me
- I can count on support for both the good and bad times

### Power

- I feel in control of myself with my job
- I understand that the only person I can control is myself
- My employer understand the same thing
- I feel important in this workplace
- I feel respected and listened to

### Fun

- I enjoy myself at work and with the people
- I laugh with my peers and my manager
- I learn new things at work
- I play at work

### Freedom

- I share with my peers
- I feel independent in my workplace
- I make some of the decisions about my own work
- I free to be creative
- I feel free to say "yes" or " no"



## WHAT WOULD YOUR EMPLOYER SAY?

### Love and Belonging

- I feel cared about and liked by my employees
- We have some good friendly interactions at work
- I think and feel like they care about me, and what happens to my business
- I can count on support for both the good and bad times

### Power

- I feel in control of myself with my business
- I understand that the only person I can control is myself
- My employee understands the same thing
- I feel important in this workplace
- I feel respected and listened to

### Fun

- I enjoy myself at work and with the people
- I laugh with my employees and my managers
- I learn new things at work
- I play at work

### Freedom

- I share with my employees
- I can move freely among my staff
- My employees feel free to be creative
- I can freely ask for creativity
- I feel free to say "yes" or "no"