

RICHER RELATIONSHIPS

Communication, Connection, and Love...All Ways

Challenge



STARTER KIT

WELCOME TO THE RICHER RELATIONSHIPS CHALLENGE!

I'm so happy you are part of this challenge.

Since you're here, I know that you are someone who really cares about the way you communicate with the people in your life, and you're out to make a real difference in that area so that all of your relationships are even better than they already are!

I look forward to sharing with you during the challenge.

In the meantime, here's all that you'll need in order to be successful in the challenge. There are a few tools that you'll use during the challenge, a brief overview of some of the activities, and a list of resources you can delve into on your own to enhance your skills.

Now, hold on to your seat.

This is going to be a FUN ride!

Are you ready?

Let's Play!

Love,

Dré



*Dré Cleveland,
Your Personal P.O.W.E.R. Coach*

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Things You Need to Know

The POWER Principles

P- Perception is Key

O- Open Up to Clear and Active Communication

W- Witness Yourself as a Responsible Person

E- Energize Your Commitments

R- Relate to the World with Gratitude

The POWER Principles are the heartbeat of The Power Players Club®, and the life-blood of this challenge...and your life.

If you don't know, [The Power Players Club®](#) is the premiere coaching and empowerment club for forward-thinking urban adults like US who are ready to consciously create massive results in our lives NOW! Feel free to check it out when you get a moment to see what we've been up to in the world.

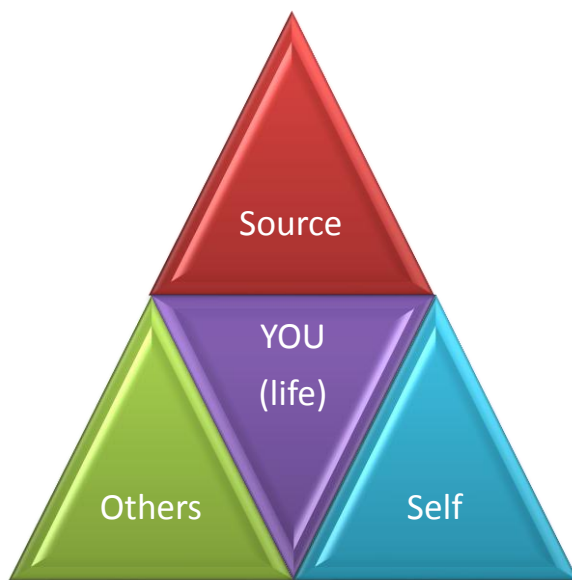
The POWER Principles are Universal Principles that everyone needs in order to consciously create the life they really want to live, instead of the one you have by default. Each principle is powerful by itself, but all together they give you the magic to make your life whatever you want it to be! We'll briefly touch on all of them during the challenge, [but I recommend the book if you want to learn them all in depth.](#)

This challenge is based on the 2nd POWER Principle, **Open Up to Clear and Active Communication**. This principle is about, not only effectively communicating with other people, but also about effectively communicating with yourself, and all that beautiful energy that connects us all (whatever you might call it). Many people don't realize you need ALL 3 of these levels to be in sync for communication to really be effective. I call this concept, **Harmonic Communication™** because they literally have to be in harmony to create the results you want in your relationships and in your life overall (because your entire life is made up of relationships...with everyone and everything. Period.)

What is Harmonic Communication™?

A lot of people think communication is only about what you say to another person (or pet, etc.), and when we have breakdowns in communication with people, we often blame the other person, or even ourselves, and nothing gets resolved. What most don't realize that the result of our communication lies in the other two levels that we don't usually focus on, and all together they give you a *powerful* platform to make a real difference, not only with the people you care about in your life, but to life itself.

Here's a diagram of how all of these are connected to you and your life.



Harmonic Communication™ is how we align all of these levels so that you can communicate freely and get the results you truly want with people, and with life.

There are 5 concepts that we'll focus on in the challenge, that need to be addressed at each level of communication you are working with (Others, Self, Source).

-Listening

-Genuine Interest

-Appreciation

-Taking Responsibility

-Being Authentic

You've probably heard of these if you've studied effective communication before, but I know for a fact that you've never heard them quite like we're going to talk about them, simply because they touch on more levels than just relating to other people.

So, if you've heard of them, I invite you to come to the challenge with a spirit of curiosity and be open to new possibilities with these concepts. It will be more fun that way too. 😊

If you've never heard of them before, even better! Get ready for the ride!

Contests! Contests! Contests!

HI 5 Challenge – We are clear that you are as great as the 5 people you surround yourself with. You will have similar incomes, similar lifestyles, and similar ways in which you communicate with each other, amongst other things. Why? Because, birds of a feather flock together. That is why we want you to invite the 5 people you are closest with to do the challenge with you. We want them to have the same skills you do, so you can all practice together, keep each other accountable, and grow together!

It can be your closest family members, your closest colleagues, your closest friends...whomever! Either way, invite them to do the challenge with you and **ask them to complete the survey and mention your name or ask if you can add them to the Facebook group**. That's how we'll keep track.

This is your 1st challenge task because we want to encourage you to be in communication with people. So, **everyone who brings 5 or more people** to the challenge **before it begins** is eligible to win the Grand Prize in a random drawing at the end of the challenge. What's the Grand Prize? I'll be helping you pay your next phone or internet bill! You heard it right! Because communication is the focus of this challenge, and you need to get on the phone or use your internet to share this with your friends, it's only right that we pay it forward with **\$30 towards your next bill**. How you like them apples?

Remember to send them to www.therelationshipchallenge.com.

POWER Player's Challenge – Really...we just want you to participate all the way to the end...to finish what you started... because Power Players always Energize their Commitments (POWER

Principle #4). We will be watching the Facebook group (because that's the easiest way to see what's going on) to see who is really participating full out. All those who participate through the end will be eligible for the Grand Prize. We will choose 5 winners (including the Hi-5 winner). The Grand Prize is that you will **win an invitation to The Cypher**, an intimate empowerment circle with a maximum of 5 participants at a time. This is an invitation to come spend an afternoon with me to hang out, fellowship, and get support with any relationship you are working to transform (including your relationship to yourself as it relates to anything else you are dealing with) because I will help you transform your relationship to that situation as well...remembering that YOU and your relationship to YOU is at the center of everything you deal with. **(\$497 Value)**

Get Into the FUN!

I'm just giving you a list of the activities we'll be doing. I hope the titles intrigue you because that's all I'm telling you until the day of. 😊

Week 1 – Communication with Others

Day 1 - Did You Hear What I Said?

Day 2 - A Mile in My Shoes

Day 3 - What I Like About You...

Day 4 - Stir It Up!

Day 5 - Keep It Real

Day 6-7 – Review and Practice

Week 2- Communication with Self

Day 8 - Liar, Liar Pants on Fire

Day 9 - Pandora's Box

Day 10 - The Greatest Love of All

Day 11 - Get Free!

Day 12 - Can I Take Your Order?

Day 13-14 – Review and Practice

Week 3 – Communication with Source

Day 15 - Be Still and Know

Day 16 - Soul Search

Day 17 - Gratitude Rocks!

Day 18 - The Attraction Factor

Day 19 - Live Out Loud!

Day 20 – Review and Practice

Day 21 – GRADUATION!

RESOURCES

The LIE Detector Test

Directions: LIES are our Limited Interpretations of Everything. That's why they are LIES, because they are not the truth. They are one way of looking at things, and changing the way you look at things will immediately transform the results you get. That said, let's look at your primary beliefs about yourself and your relationships outside of yourself (I recommend doing the assessment with each of those areas separately). Go through each section and fill in what comes to you. **Don't think about it too hard.** In fact, **take a deep breath and listen to yourself.** Your answers will come from the things you hear yourself saying silently in the background...all the time... when the question of your relationships to certain people (or yourself) comes up. Go through the entire process, even if it brings up some strong reactions. That's what you want so that you can break this cycle. Let's do it and see what comes out on the other end!

1. The LIE I tell about _____ is that

*Ex. The LIE I tell about **my dad** is that **he isn't affectionate towards me. He doesn't really care about me.***

2. Believing that LIE leaves me

and costs me

*Ex. Believing that LIE leaves me **not in action, helpless, feeling like giving up, and costs me a better relationship with my father.***

3. Another way I can look at _____ that is more powerful for me is that

_____ or that

Ex. Another way I can look at **my dad** is that **he may show his affection in ways I'm not thinking of** or that **even though he doesn't give me physical affection, that doesn't mean he doesn't care.**

4. I CHOOSE to believe that

Ex. I CHOOSE to believe that **my dad not showing affection the way I do doesn't mean he doesn't care. He may be showing it in ways I'm not thinking of** (notice how I put both together. You can create whatever resonates for you out of what you already came up with in step 4, or write down whatever else comes up for you here. This step is all about CHOOSING. It is one of the most powerful tools you have in your life. Use it now!)

5. If _____ was

_____ it would leave me
feeling

and I would gain

Ex. If **my dad** was **showing affection in other ways and really cares about me**, it would leave me **feeling free, alive, and actively looking for how he does show affection**. I would gain **a new level of understanding of my father and it would be easier to accept him.**

6. I CHOOSE to be

Ex. I CHOOSE to be **free, alive, and actively looking.**

7. Because _____
is _____,
_____, and I am choosing to be

_____my next steps are:

a. _____

b. _____

c. _____

*Ex. Because my dad does care, and he shows his affection in different ways and I am choosing to be **free, alive, and active**, my next steps are to:*

a. Pay attention to how my dad DOES show affection to others...especially me

b. Ask my dad how he likes others to show they love him

c. Create a time for us to do something together.

8. I will start with

_____ and complete that step by _____ Ex

. I will start with ***paying attention to how my dad shows affection to others and complete that step by this Friday.***

9. Complete step 8 for each of the other action steps you created and STICK TO IT!

b. I will

_____ and complete that step by _____

c. I will

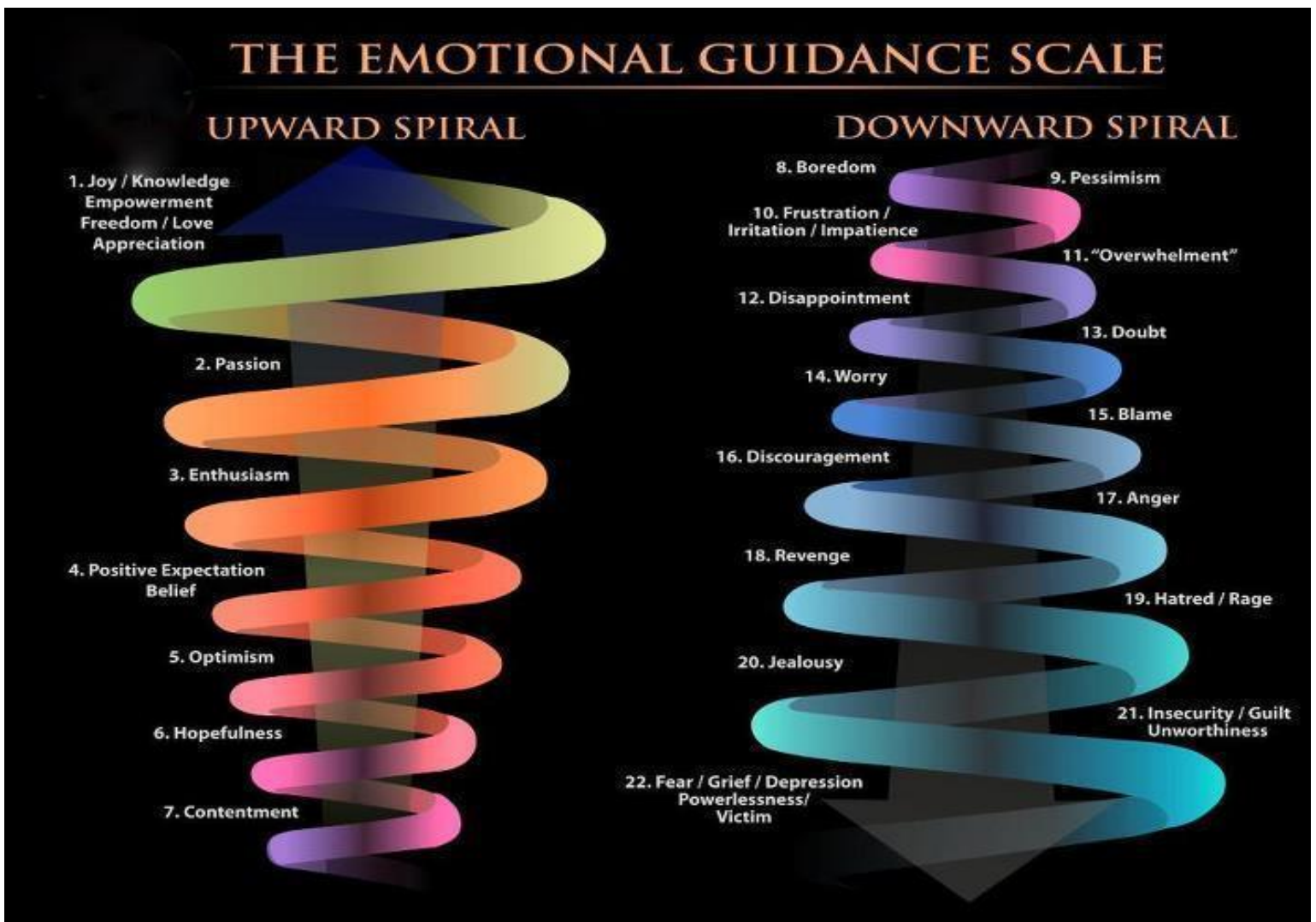
_____ and complete that step by _____

I recommend completing this process for anything you are stuck with in any one of your relationships ***or your life in general.*** I also recommend that if you get caught up in the fact that you don't actually believe what you wrote here, do some things to make it more real for you

until you start making it yours, like looking up examples of people who demonstrate what you want to accomplish on Google or Bing. It's also good to recognize that **uncovering these LIES usually opens up more deeply-rooted LIES as well that you may need to go back and repeat the process to transform.** I highly recommend going back and doing so. The more LIES you break free from, the more free you will be to create whatever else you want to create in your life...particularly from things that have been holding you back FOREVER, even some unbeknownst to you! You can also change some of the things you've written already in the exercise. **It's really interesting to see how the actions you are inspired to take change dramatically simply based on the beliefs you choose to entertain and make yours.**

If you do this exercise full out, you will definitely be surprised at how well it allows you to see how you currently process things and how well it gives you access to new openings for action going forward.

The Emotional Guidance Scale (Abraham- Hicks)



Books on the Science of Interpersonal Relations (Compiled by Narcis Randri)

In his 2013 book ***Social: Why Our Brains are Wired to Connect***, Dr. Matthew Lieberman says that the need for affection or the need to have relationships with people is just as evolutionary and necessary as our need to be fed or our instinct to survive. Yet people find themselves in situations where these Interpersonal Relations seem merely a source of pain or discomfort. It, for instance, seems that the other party whom a person loves is not showing the affection back. A whole genre of literature is dedicated to dealing with these issues.

Gary D. Chapman in his book ***The Five Love Languages*** describes multiple ways with which people express their love and explains that it's only a matter of recognizing your partner's language before you realize that they are showing back affection just not in the same way you do. ***Men Are from Mars, Women Are from Venus*** by John Gray is another book decoding the ways people feel love and express those feelings. ***The Daughter's Secret*** by Eva Holland is a great book for understanding the complex universe of daughter mother relationships. ***Men Are from Mars and Women Are from Venus***, and ***Quiet*** by Susan Cain are some of the famous books on understanding the WHY's of relationships.

Most people don't read about the Science of relationships they trust the writer to that. They read about tips on how to improve their social skills or Relations. ***Getting Over Getting Mad*** by Judy Ford is a very helpful book with tips on dealing with anger in all types of relationships whether it be parent-child relation, husband-wife relationships or just a conversation with a total stranger. ***How to Talk to Anyone*** by Leil Lowndes is a book not only for people who are awkward in social situations but also for regular folks who are fine in conversations but are lacking guidelines from an expert. ***Educator's Guide to Preventing and Solving Discipline Problems***, ***The Love Magnet Rules***, ***How to Talk to Anyone*** by Leil Lowndes, ***How to Win Friends and Influence People*** are a few other books explaining ways of improving and expanding your Interpersonal Relations.

There are millions of books on these topics available in all possible forms. This is one of the most sold genres of literature in modern times.