



# A HEALTHY ANAND KARAJ

A CHECKLIST TO EVALUATE AND HELP STAY ON TRACK

## THE SELFISH MIND'S WAY

### THINGS WE DON'T DO

- 1 We don't insult, belittle or ridicule each other
- 2 We don't yell or swear at each other
- 3 We don't restrict, control or threaten
- 4 We never physically, mentally or emotionally abuse our partner
- 5 We don't threaten each other with divorce
- 6 We don't suspect or get jealous
- 7 We don't do things to irritate each other
- 8 We don't give "silent treatment"
- 9 We don't treat intimacy as a "dirty", "one way" or taboo subject.



"Humility is the word, forgiveness is the virtue, and sweet speech is the magic mantra."

### THINGS THAT WE DO

- 10 We share successes and struggles
- 11 We use sweet and humble language
- 12 We recognise that individual time is important and not a threat
- 13 We share the same financial goals
- 14 We celebrate our differences in personality
- 15 We always try to eat and pray together
- 16 We give our children the best start in life
- 17 We share house chores and our duties fairly
- 18 We understand each others individual needs

## THE SELFLESS SIKHI WAY

In times of turmoil or trouble, always reach out to the True Guru, who is always waiting to embrace you.

Think about how often you say these words to your partner

*It's OK, it does not matter*

*Thank you for helping me with this*

*I am sorry*

*You handled that situation so well*

*You look very nice today*

*I appreciate your faithfulness*

*I'm praying for you today*

*You did the right thing*

*I love you*

*You work so hard*

*You made me laugh which I liked so much*

PLEASE NOTE THAT ITEMS 1 TO 9 ARE SIGNS OF A DYSFUNCTIONAL OR ABUSIVE RELATIONSHIP. IT MAY BE NECESSARY TO SEEK PROFESSIONAL ADVICE AND COUNSELLING.



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My Successes	My Struggles	I'm Grateful For These Things	Things to think about
1.	1.	1.	When did I last say "I'm sorry"?
2.	2.	2.	When did I last say "it's ok it does not matter"?
3.	3.	3.	When did I last say "thank you"?
		4.	When did I last pray for my partner?
		5.	When did I last say "you did the right thing there"?
Things That Annoy Me	Things That Make Me Happy	Top 3 Financial Goals	When was the last time I told them I love them?
1.	1.		When did I last pay a compliment?
2.	2.		When did they last make me laugh?
3.	3.		When did I last tell them I appreciate them?
My Unique Personality Traits	When Do We Sit Together	How We Split Chores	When did I last ask them what worries them?
1.	1.		Things Don't Go Well When...
2.	2.		
3.	3.		
My Individual Time	Goals For Our Children		
1.	1.		
2.	2.		
3.	3.		