

Relationship Check-Up

Noticing Strengths, Stress Points, and Next Steps



Healthy relationships benefit from reflection, not only reaction.

Focus: assessment, awareness, strengths, stress points, and growth planning

Purpose: helps readers evaluate the health of a relationship and identify practical next steps

Luminous Pathways International

Why This Matters

Many relationships drift rather than develop intentionally. A periodic check-up can help you notice what is going well, what feels strained, and where attention is needed before small issues grow larger.

This workbook provides a structured way to reflect on the current health of a relationship and identify wise next steps for growth.

What This Workbook Helps You Do	What This Workbook Is Not
Assess relational strengths and pressure points with greater honesty and clarity.	This is not about finding fault with everything. It is about telling the truth about where the relationship is right now.

Healthy relationships benefit from reflection, not only reaction.

Three truths to carry with you

1. Awareness helps prevent drift.
2. Strengths deserve attention as much as stress points.
3. Small adjustments can change the direction of a relationship.

Core Relationship Insights

Use the ideas below as anchors while you work through this resource.

Notice the good	Name the strain
Start by naming what is healthy, strong, and life-giving in the relationship.	Be honest about recurring tensions, disconnects, or unmet needs.
Look for patterns	Choose next steps
A check-up is most useful when you notice patterns rather than only isolated incidents.	The goal is not simply awareness, but practical movement toward health.

Try This This Week

■ Name three current strengths.
■ Name three stress points or needs.
■ Notice one repeating pattern.
■ Identify one conversation that would help.
■ Choose one next step for growth.

Personal Reflection Workbook

Take a little time to answer these questions honestly and gently.

What feels strong in this relationship right now?

What feels strained, neglected, or unclear?

What pattern keeps repeating?

What one shift would make the biggest difference?

Action Steps

Choose one or two practical steps you can begin this week.

Relationship Review	Growth Plan
Set aside time to review communication, trust, closeness, conflict, and shared direction.	Choose one small, measurable practice that would support the relationship over the next month.

One step I will take this week is:

What will help me follow through?

A few simple examples

- Name three current strengths.
- Name three stress points or needs.
- Notice one repeating pattern.
- Identify one conversation that would help.
- Choose one next step for growth.

Journaling Prompts & Closing Reflection

Use these prompts for continued reflection, prayer, or conversation.

What have I been reluctant to admit about this relationship?

What gives me hope about its future?

What next step feels most meaningful right now?

Closing Reflection / Prayer: May honest reflection lead to wiser choices, stronger connection, and a healthier path forward.

Try This Before the Next Workbook:

Choose one small practice from this resource and return to it for one week.

Coming Next:
Building Lasting Friendships