



**Alberta Health  
Services**



## **Build Positive Relationships CHALLENGE Growth**

### **Encourage me to improve**

- Inspire - Help me see future possibilities for myself.
- Expect - Make it clear that you want me to live up to my potential.
- Stretch - Recognize my thoughts and abilities while also pushing me to strengthen them.
- Limit - Hold me accountable for appropriate boundaries and rules.

### **MORE RESOURCES**

<http://keepconnected.searchinstitute.org/strengthen-your-family-relationships/>

**Happy  
Holidays**