

Radical Living

Your Relationship as Your Greatest Adventure



5 STRATEGIES FOR RADICAL LIVING

Strategy #1: Dream

Radical Action: Give yourself permission to dream. Realize that not only can you achieve your dream, but you can go far beyond that.

Strategy #2: Stay in the Question

Radical Action: Don't worry about how to make it happen. Seek solutions by asking questions and staying in inquiry. Continue asking the question even when the answer isn't clear and you will discover alternatives and answers and support that you didn't know was possible.

Strategy #3: Get Support

Radical Action: When you're having trouble, find someone who can either open the door for you or show you how to open it yourself.

Strategy #4: Keep Moving Forward

Radical Action: Once you've experienced success with Radical Living, don't stop dreaming and striving. There is always another mountain after you've reached the top of the one you're currently climbing.

Strategy #5: Believe

Radical Action: Take a leap of faith and believe that you can be loved for exactly who you are and that you can be fully supported to live the life you really want.

4 STEPS FOR ACHIEVING YOUR BIGGEST DREAMS TOGETHER

Step #1: Identify Your Individual Vision

Explore the purpose of your life, your values, and the lifestyle that you want to live. Ask yourself: "What kind of work or career would make me most happy?" "What kind of family do I want?" "What do I want to do for fun?" "What would give my life meaning, purpose and fulfillment?"

Step #2: Create a Shared Vision

Get together with your partner and see how your separate visions fit together and create a shared vision. Are you in alignment? Can you support your partner's vision and still realize your own? What would your life together be like if you both achieved your individual visions together? Put your separate visions together and create something unique, which is a reflection of you and your shared vision.

Step #3: Develop a Plan

Use the Relationship Journal to identify any challenges, then determine whether each challenge is a requirement, need, or want. Focus on the requirements first and develop a goal around that challenge. Figure out the outcome that you want from your challenge and determine the steps you need to take to reach that outcome. Develop an action plan and determine whose responsibility it is to implement each item.

Step #4: Keep Moving Forward

Make plans and agreements, implement them, and follow up by checking in with each other regularly on your progress. Get away for a Radical Marriage retreat regularly to review and update your dreams, plans and progress.

Make your life together your greatest adventure.

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RADICAL LIVING WHEEL

Use a marker and fill in the number of rows of each category (pie slice), starting from the center, according to your level of satisfaction. Of ten rows, 1 row towards the center would be the lowest possible satisfaction, and all ten rows would be the highest possible satisfaction. After each partner has completed their Radical Living Wheel, share and discuss your reasons for each score and plan how to improve each area. Use your Relationship Plan (see Chapter Ten) to record and track your plans.

