

# RELATIONSHIP MAPPING GUIDE

Creating depth in our most meaningful relationships.



Be Clear. Be Confident. Be Consistent.

# Let's Get Started

There's so much depth to explore and beauty to discover.

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## **Humans are beautifully complex.**

Take yourself, for example, there are many layers and a depth to you that is limitless. Because we are ever-growing and constantly changing every part of us gets richer with every experience. And that's happening to every individual. Discovering how we've grown, where we want to go, and how we get there is unique to every person. Now take into count everyone you care about and their infinite complexities. There's so much to explore in your loved ones. Every relationship, no matter how new or seasoned, has depths to explore that create a richer relationship.

## **Our Roadmap To Success**

In this guide, you will walk through four phases toward deeper, more meaningful relationships. In each phase, there will be an action to take and a reminder for why each step we take is valuable and necessary. There will be a space to take notes, do the work, and answer the question. At the very end, you'll have a workable sheet to print, fill out, and reference

## **My Hope**

I created this guide selfishly. I needed something that would keep me inspired to pursue the people I care about in a way that they would receive it. Throughout this guide, you'll see exactly how I used this, specifically, with my wife. Whichever relationship you're looking to build depth, this guide is for you.

Whether this is a catalyst moment for your partner or you're hoping to build a connection with a co-worker or your best friend, I hope you never feel the weight of waking up one day to realize nothing has changed in the last 5 years. I hope that today is different for you, that today is a mile marker on your relationship's road map. I hope, as you spend time taking purposeful steps with people you care about, that you ultimately find clarity in who YOU are.

**To create depth,  
we must start by  
practicing  
presence with  
those we are in the  
presence of.**

To start, you'll need to have one person in mind throughout this entire guide. There will be enough time to work through this guide with every single person you're looking to grow with but for now, we just need one individual. When you get to the end and have a full relationship map for this person, then you can go back through these exercises with a focus on other relationships.

With this first person in mind, let's start with defining this relationship from a 50,000 foot view. If we were to boil your relationship down or define it in the most general way, what would that look like? This word could already be the path you're on together or it could be a word that represents the direction you want the relationship to go. I want to start here because for most of us this is the language we're already familiar with. Pick one or a few words below that describe your relationship. Feel free to add your own and choose three to five or as many as you'd like.

Again, these are the words you would use to describe the kind of relationship you believe you can build and therefore, the way in which you hope to grow in this relationship. You can think of it as a complete sentence, "I desire to grow honestly with my father." or "I desire my relationship with my co-worker to be one marked by optimism."

## 01 RELATIONSHIP DESCRIPTORS

NOTE: These words have their own, sometimes similar, definitions. I highly suggest you define the words you choose in your own way.

- |  |  |   |  |
|--|--|---|--|
| <input type="checkbox"/> Affectionately  | <input type="checkbox"/> Equally       | <input type="checkbox"/> Intentionally  | <input type="checkbox"/> Steadfastly     |
| <input type="checkbox"/> Attentively     | <input type="checkbox"/> Eternally     | <input type="checkbox"/> Intimately     | <input type="checkbox"/> Strongly        |
| <input type="checkbox"/> Beautifully     | <input type="checkbox"/> Faithfully    | <input type="checkbox"/> Kindly         | <input type="checkbox"/> Sweetly         |
| <input type="checkbox"/> Boundlessly     | <input type="checkbox"/> Forgivingly   | <input type="checkbox"/> Loyally        | <input type="checkbox"/> Sympathetically |
| <input type="checkbox"/> Bravely         | <input type="checkbox"/> Generously    | <input type="checkbox"/> Mutually       | <input type="checkbox"/> Thoughtfully    |
| <input type="checkbox"/> Compassionately | <input type="checkbox"/> Gently        | <input type="checkbox"/> Optimistically | <input type="checkbox"/> Truly           |
| <input type="checkbox"/> Continually     | <input type="checkbox"/> Givingly      | <input type="checkbox"/> Selflessly     | <input type="checkbox"/> Trustworthily   |
| <input type="checkbox"/> Courageously    | <input type="checkbox"/> Honestly      | <input type="checkbox"/> Sensitively    | <input type="checkbox"/> Truthfully      |
| <input type="checkbox"/> Deeply          | <input type="checkbox"/> Humorously    | <input type="checkbox"/> Sincerely      | <input type="checkbox"/> Wonderfully     |
| <input type="checkbox"/> Devotedly       | <input type="checkbox"/> Imaginatively | <input type="checkbox"/> Socially       |  |



# RELATIONSHIP MAP (THE EXAMPLE)

**PERSON'S NAME**

Sara

**RELATIONSHIP**

Wife, Spouse, Partner

**DESIRED GROWTH**

Intentionally

**REASONS FOR GROWTH**

**POTENTIAL BARRIERS**

**MARKERS FOR SUCCESS**

**ACTION ITEMS**



**You aren't meant  
to do this alone.**

Before we can move on and put some meat on the bones of this plan, we need a partner. We need another person who is going to walk with us, talk with us, challenge us and be our first level of accountability. There is a reason we are not yet where we want to be, and I believe that for many of us, it is due to our tendency or desire to be self-reliant.

Many of us have a lack of vulnerability with our peers, a lack of accountability with someone, and just an overall inability in asking for help. And I get it, I don't like asking for help either, but I think it's because of this mentality that our relationships are where they are. If we are going to build depth, establish connection, and give as much focus to the heart of our relationships as we do the work of our hands, we need to find our pack.

Below, I want you to identify WHO this person is going to be, how often you will discuss your progress, and what method of communication you will use.

## 02

### RELATIONAL ACCOUNTABILITY


NOTE: It will be really tempting to skip this part. You might even feel embarrassed or silly as a grown human asking another grown human to help keep you accountable to building gentleness with your daughter. But trust me friend, don't skip this part.

Partner in Crime:

Frequency of Connection:

Method of Communication:

**No man has ever  
accomplished  
anything great  
alone.**



**RELATIONAL ACCOUNTABILITY  
(EXAMPLES)**

**PARTNER IN CRIME**

Carter

**FREQUENCY OF CONNECTION**

Weekly

**METHOD OF COMMUNICATION**

Lunch Meeting

**PARTNER IN CRIME**

Men's Group

**FREQUENCY OF CONNECTION**

Weekly

**METHOD OF COMMUNICATION**

Morning Coffee Meeting



**To accomplish  
anything you must  
write down  
something.**

Now it's time to dive into the WHY behind our desire for building meaningful relationships. Defining our why and identifying what could possibly prevent us from achieving our desired growth creates an honest look at where we are currently.

If you know where you want to go, but don't know where you are, you'll never get on a path of growth. So let's answer the question why, and identify what are the potential barriers so that we can see our growth. As you walk into new territory over the next few months I hope you will continually look back at this path you've paved, make adjustments where needed, and see how much you've grown through this.

Don't get too caught up in picking the exact right answer right now, just get something down on paper. When you're ready, share this with your partner in crime the next time you meet.

**03**

**REASON FOR GROWTH**

This is your why. Take some time and identify WHY you want to grow this relationship this way. Be as specific as possible.

**POTENTIAL BARRIERS**

You know you better than anyone else. So be honest with yourself and determine what you see as a potential barrier to growing this relationship this way.



# RELATIONSHIP MAP (THE EXAMPLE)

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Wife, Spouse, Partner

DESIRED GROWTH

Intentionally

REASONS FOR GROWTH

I am an intentional person. I honestly think I am really intentional when it comes to family and friends. But when it comes to being specifically intentional with my wife, like just me and her and me focusing on her... well I am not great. So I want to make sure I am consistent with my ability to choose her and only her often. I want to physically represent the way I feel inside by showing her that on the outside.

POTENTIAL BARRIERS

The first thing that comes to mind...expecting her to do this for me. And when she does not reciprocate what I am doing back to me just like I am to her, I don't want to get resentful. Secondly, I want to be intentional but not do the same shit over and over. Lastly, I need to be reminded and encouraged to stay the course. I am great at starting. Not great at finishing.

MARKERS FOR SUCCESS

ACTION ITEMS

**There is no growth  
in the comfort  
zone. Get  
comfortable with  
being  
uncomfortable.**

Just like a good business plan and revenue outline, we need our efforts to be measurable and meaningful.

Hopefully, through the previous exercises, you have begun to see an outline, meaning, and the purpose behind your effort. So now, I want you to make sure the plan is measurable in a way that allows you to see both passion and progress. It is vital in this section that you don't bite off more than you can chew.

Our goal here is not to restore, repair, and/or rebuild an entire relationship in a day. The goal here is to make achievable goals. Start small and build upon what you can do.

### 03 MARKERS FOR SUCCESS

This is how we will know we are doing what we set out to do. There should be some type of metric built into each of these markers.

### ACTION ITEMS

These are the actual tasks we will complete in order to accomplish our desired growth in our relationships.



# RELATIONSHIP MAP (THE EXAMPLE)

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DESIRED GROWTH

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MARKERS FOR SUCCESS

1. Ask her weekly how I can love her better.
2. Choose something each week (small) that is done just for her. Not the family.
3. Have her rate my intentionality at the end of every month.

ACTION ITEMS

1. Put reminder on calendar to ask how I can love her. (date night)
2. Predetermine WHAT I will do for her each week.

It's go time. You are ready to put this plan into action. And for that, I am proud of you.

Moving forward, I hope you will come back to these exercises and create plans for every relationship you care about. Keep your written down plan in plain sight. Hang it up on your mirror, keep it at your desk, or add calendar reminders in your phone. Whatever it takes to continually remember your commitment and remind yourself of your progress.

Below is the map that will guide your relationships to a greater depth. It might feel clunky or unnatural at first, as did the first time I ever did a squat. But we have to build the muscle before it can start to feel natural.



## TODAY

- Complete your Relationship Planner
- Identify your Partner in Crime
- Set a regularly occurring date for accountability
- Add all action items with dates to calendar



## MONTHLY

- Complete Action Items
- Meet with Partner in Crime
- Track/Measure progress
- Share results with us
- Reach out for help and guidance
- Adjust where/when needed



# RELATIONSHIP MAP

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**RELATIONSHIP**

**DESIRED GROWTH**

**REASONS FOR GROWTH**

**POTENTIAL BARRIERS**

**MARKERS FOR SUCCESS**

**ACTION ITEMS**





# RELATIONAL ACCOUNTABILITY

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**PARTNER IN CRIME**

**FREQUENCY OF CONNECTION**

**METHOD OF COMMUNICATION**

**PARTNER IN CRIME**

**FREQUENCY OF CONNECTION**

**METHOD OF COMMUNICATION**

**PARTNER IN CRIME**

**FREQUENCY OF CONNECTION**

**METHOD OF COMMUNICATION**

**PARTNER IN CRIME**

**FREQUENCY OF CONNECTION**

**METHOD OF COMMUNICATION**

Don't stop  
here.

Tip: Try filling out the form for *yourself*, the most personal relationship we have.

If you're stuck, want to dive deeper, or have any questions, please don't hesitate to reach out to us. Let's dive in the deep end!



[www.rockygarza.com](http://www.rockygarza.com)

Text "relationships" to

**469-649-8441**

for daily reminders and challenges