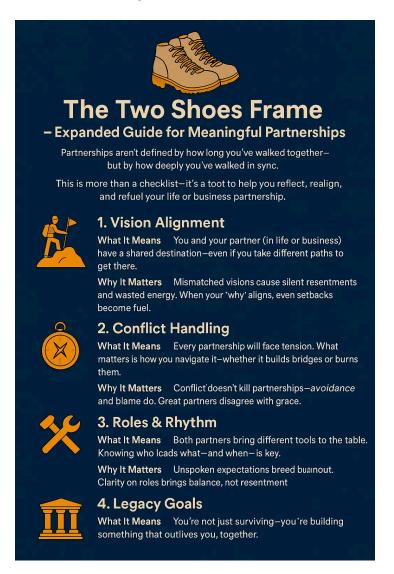
"The Two Shoes Framework"

The Two Shoes Framework – Guide for Meaningful **Partnerships**



Partnerships aren't defined by how long you've walked together—but by how deeply you've walked in sync.

This is more than a checklist—it's a tool to help you reflect, realign, and refuel your life or business partnership.

1. Vision Alignment

What It Means

You and your partner (in life or business) have a shared destination—even if you take different paths to get there.

Why It Matters

Mismatched visions cause silent resentments and wasted energy. When your "why" aligns, even setbacks become fuel.

Ask Yourselves:

- Where do we want to be in 1, 5, 10 years?
- Do we both believe in this mission?
- What are we *not* willing to compromise on?

✓ Green Flags:

- You finish each other's "why"
- Future plans include both of you
- Excitement when talking about long-term

Red Flags:

- Constant disagreements about direction
- Avoiding future conversations
- One person feels "dragged along"

🔕 2. Conflict Handling

What It Means

Every partnership will face tension. What matters is how you navigate it—whether it builds bridges or burns them.

Why It Matters

Conflict doesn't kill partnerships—avoidance and blame do. Great partners disagree with grace.

Ask Yourselves:

- How do we respond when we don't agree?
- Do we feel safe expressing frustrations?
- Do we resolve, revisit, or bury problems?

✓ Green Flags:

- You both listen, not just react
- Disagreements don't spiral into disrespect
- Conflicts lead to clarity, not cracks

Red Flags:

- Passive aggression, sarcasm, stonewalling
- Fights that never really "end"
- One person always gives in to keep peace

% 3. Roles & Rhythm

What It Means

Both partners bring different tools to the table. Knowing who leads what—and when—is key.

Why It Matters

Unspoken expectations breed burnout. Clarity on roles brings balance, not resentment.

Ask Yourselves:

- Who takes the lead in what situations?
- Are responsibilities clear and agreed upon?
- Do we respect each other's strengths?

✓ Green Flags:

- Each person feels valuable and seen
- You compliment, not compete
- Roles evolve with trust and growth

Red Flags:

- One partner feels "invisible" or overburdened
- Confusion or power struggles
- No space to grow or swap roles

4. Emotional Trust

What It Means

You can be real, raw, and vulnerable—without fear of being judged or used against you.

Why It Matters

Without emotional safety, there is no true partnership. Just transactions.

Ask Yourselves:

- Can we talk about fear, failure, or doubt?
- Do we truly *know* what the other is feeling?
- Is there space to just be, without fixing?

✓ Green Flags:

- You feel safe even when you're not "strong"
- You support without solving everything
- You trust they have your back in every room

Red Flags:

- Withholding feelings or editing truth
- Fear of "rocking the boat"

Lack of check-ins, emotionally or mentally

1 5. Legacy Goals

What It Means

You're not just surviving—you're building something that outlives you, together.

Why It Matters

Partnerships thrive when they stand for something bigger-something worth enduring the tough days for.

Ask Yourselves:

- What do we want to leave behind?
- Who are we doing this for?
- What would make us proud 10 years from now?

Green Flags:

- You feel purpose, not just progress
- There's a clear "why" behind the work
- Your partnership inspires others too

Red Flags:

- Feeling stuck in a loop of busy-ness
- No shared definition of "success"
- One person has checked out emotionally

Use It Like This:

- Solo Reflection Tool: Journal through each section once a quarter.
- Couple / Co-founder Check-in: Use it to spark honest conversation.
- Growth Map: Revisit your lowest scores and turn them into focus areas for the next 90 days.

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