

10 Relationship Tips.....

- ♥ **End your day with an appreciation of one another.** Right beside the frustrations are the appreciations of one another. Express this to your partner and watch the space between you shift.
- ♥ **Create a Relationship Vision together.** Have a relationship by design. Where we put our intention, the manifestation of that follows.
- ♥ **Remove all negativity, blame, criticism from your relationship.** Just this one step alone will change your relationship.
- ♥ **Ask not what your partner can do for you, but what you can do on behalf of your partner.** There are two people in the relationship with two different sets of needs. Moving toward meeting your partner's needs can help you grow into a whole person.
- ♥ **Touch each other often.** This is a great connector and brings you into the present.
- ♥ **Dialogue your way to intimacy and passion.** Watch how being heard, understood, and seen is a powerful aphrodisiac, the ultimate connector!
- ♥ **Take responsibility for your part in the creation of your relationship.** There is something to the old adage "it takes two to tango".
- ♥ **Learn your partners' love language.** It may be gifts, words of affirmation, quality time together, physical touch, or acts of service. Express your caring in small ways that are meaningful and says I love you. Watch how affection is ignited and returned.
- ♥ **Be curious about one another.** A great way to revive passion and renewal is to discover something new about your partner with a curious mind.
- ♥ **Become your partner's cheerleader.** In a conscious relationship, each partner calls the other to wholeness.



*Love is a decision, we choose to give it
and we choose to take it away!*