



5 Tips To Design Relationships That Thrive

1. Spend focused time together everyday. Presence and connection require the quality of the time spent together. The simple moments are the ones that matter and culminate into a life of love and joy. Cuddling on the sofa, taking walks in the beautiful outdoors, playing with pets, cooking together, outings with family and friends, playing games...Designing simplicity and meaning in our relationships is the key to creating happiness.
2. Express gratitude in words and simple ways. Sprinkling in appreciation for the small ordinary acts of service, moments of recognition as well as romantic sentiments build the hotness and friendship necessary to sustain intimacy.
3. Forgive, re-set and repair (Not easy when you are stubborn like most of us are.) Make grace, patience and forgiveness part of daily living.
4. Live in honesty and authenticity. It is challenging to spend a lifetime growing and changing as individuals accepting the impact it will have on the relationship. Be bold and adapt to change with fresh eyes, curiosity and wonder.
5. Love is the wish to make the other happy. Share your hopes and dreams! Create a vision board or box with images of those dreams. Check in with encouraging words and gestures of support with partner.