10 Tips Ways to Spice Up Your Relationship!

Could your relationship be a little more romantic, adventurous, spontaneous, harmonious or more fun?

Is your relationship as good as it can get, or has it lost a bit of its sparkle and could do with a boost?

If so, here are 10 suggestions to help spice it up!

1. **Know each others deepest desires and keep them alive and growing:**
   Everything we do comes from a desire and everything we think and do moves us closer to or further away from our desires and each other. Learn what it is that each of you desires the most. If you don't know, talk to your partner and share your deepest desires with them. Talking is not just about communicating, it's about connection. Then, create clear intentions and stay focused on your desires - be it romance, fun, adventure, happiness, harmony, deep connection.

2. **Make a commitment to your relationship:**
   What are you committed to? What is currently happening in your relationship reveals what your spoken and unspoken commitments are to. What are you spending your time doing? Consciously carve out time exclusively for your relationship and to committing to one another and making passion and love a priority.

3. **Create new beliefs about how you can be together:**
   Our beliefs about what is possible impact on our actions and the results we get from our actions. If you're not experiencing what you want in your relationship, it could be that you're being blocked by holding on to unhelpful beliefs about what's possible. If so, create new beliefs about how you and your partner can be together that are aligned with your desires.

4. **Allow your partner to be different and learn from them:**
   What's different between us and our partners can often be where the spark is. To keep that spark alive, we need to accept, appreciate and honour our partners' differences.

5. **Look for opportunities to pamper and spoil your partner:**
   Pampering can be as simple as letting your partner sleep in late, while you make breakfast and take care of the kids, or allowing them to relax while you wash the dishes after dinner. Or, it can be bringing home a little surprise gift that you know they'll love, like icecream or a favourite CD or magazine.

*For **more free tips** on clearing clutter, staying focused and reaching your goals, or to find out more about one-to-one business, executive or life coaching and group coaching or to arrange a no-obligation session with Tania, visit the Blue Sky Coaching website at www.blueskycoaching.com.au. Tania can be contacted Monday to Friday between 8 am and 8 pm (Adelaide CST), on (08) 8338 3134 or 0411 471 941 or by e-mail on tania@blueskycoaching.com.au*

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6. **Remind yourself what it was that attracted you and what you loved about your partner when you met:**
   You should find (give or take a few kilos) that those things are still there; they just need to be re-discovered and celebrated.

7. **Touch your partner in loving ways:**
   When we touch, we connect at that moment. Give your partner gentle touches, hugs and kisses so they can feel your love and connection. Or touch their heart, by giving them a hand-written love letter.

8. **Make time for intimacy:**
   Even when you and your partner are both running on busy schedules, be sure to take time to be intimate. If we do not prioritise our basic human need for intimacy, we risk feelings of being unloved and unappreciated creeping in. As you set intimacy as a priority in your relationship, you'll soon find other things in your life will start to fall into place as your relationship is strengthened.

9. **Spend regular time alone together:**
   It's difficult to have a successful relationship without spending at least one morning, afternoon or night a week alone together, free from distractions of family and work responsibilities. Experiment and find fun things to do together. Have a picnic in the park or on the beach, go kayaking or bushwalking, get massages together or better still, give each other a massage! Your dates don't need to be expensive but your intention needs to be to connect and focus on each other. So, if you love going to the movies, seeing live bands or going to the theatre, have dinner beforehand or coffee and dessert afterwards. A true date means you're spending time looking at one another, not at something else.

10. **Plan romantic or fun and adventurous activities:**
    As well as having a regular weekly date, plan for a few longer get away times each year of at least three days and two nights that you can spend enjoying quality time together. Use this time as a retreat from your daily responsibilities for family, home and work. If you're a romantic and your budget allows for it, go to a beautiful exotic island like Fiji or Hawaii and sit by the water sipping cocktails. Go lower budget and go camping and 4-wheel driving or rent a beach house or a bed and breakfast in the mountains and spend time just focusing on each other's needs.

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