

10 Secrets to a Lasting Relationship

No relationship is perfect.

Whether your relationship is experiencing a few bumps right now, or you might be going through a relationship crisis and you're not sure if your relationship will last, here are some wonderful tips I'd like to share with you from the authors at www.MarriageAdvice.com:

If you like these tips and would like to read more, you can [download their free e-book 101 Marriage Secrets guide here](#).

- **Which wolf will win?** There is a story of a Cherokee elder who told his grandchildren 'Life is like a terrible fight between two wolves. One is evil. He is fear, anger, envy, greed, arrogance, self-pity, resentment and deceit. The other wolf is good. He is joy, serenity, humility, confidence, generosity, truth, gentleness and compassion. When asked by one of his grandchildren 'Which wolf will win?' the elder replied, 'The one you feed.' Although serious relationship problems need to be addressed, there are many minor issues that should be given less attention. You will be much happier if you focus your attention on the the good things in your relationship.
- **Shared hopes and dreams:** A romantic relationship happens when you share hopes and dreams for a happy life together. Your relationship will be fulfilling as long as you pay attention to what inspires those hopes and dreams. A weekly date night will help strengthen and focus these hopes and dreams.
- **Shared interests:** One way to strengthen your relationship is to plan activities to do together. They can be as simple as cooking, gardening, or being involved in a hobby. Or a planned activity like attending a museum, cultural or social event, or involvement in family activities. It's important to have some similar interests as well as an appreciation for your partner's favourite interests. When a couple shares interests, it keeps them involved with each other's lives.
- **Fun activities:** You don't have to have a perfect relationship to plan fun activities. However, your relationship will benefit in many ways, because there is a natural sex appeal about a happy person. Search the local newspaper for plays, concerts, new movies, fairs and festivals, and new restaurants. Branch out, learn new skills and broaden your world.
- **Being peaceful and happy:** If you desire a happy, peaceful relationship, you'll need to be a happy, peaceful person. This might require you to work on a few things about yourself before you try and fix your relationship. Once you're stabilised, it's much easier to work on stabilising a troubled relationship.
- **Fun and enthusiasm:** A big mistake many people make is to 'wait and see' what will happen to their troubled relationship, rather than take steps to create a more satisfying life and relationship. Would you prefer to spend time with someone who is always miserable or unhappy, or with someone who is doing interesting and fun things to enjoy life? Enthusiasm and a sense of fun are powerful aphrodisiacs that attract others like a magnet.



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- * **Patience:** As a rule, men typically don't seek outside help for their relationships. They prefer to be able to figure out something on their own. Men, by nature, are trained to be independent and self-sufficient. They would rather learn from doing than from discussing. So it might take a while to strengthen a troubled relationship with your man.
- * **Keep an open mind:** If you hit a rocky patch in your relationship, try to keep an open mind when looking for solutions, rather than working off preconceived notions of what you used to think you would do in that situation. You might have said, if your spouse had an affair you'd get a divorce. However, every situation is different and there's no cookie cutter answer for every case..
- * **Create a sense of balance:** If you want a perfect marriage partner, then you need to work on being the perfect marriage partner. It's easy to criticise your spouse for not being perfect while you ignore your own imperfections. You need to focus on what you can do and give to your relationship rather than on whether or not your spouse is putting forth an equal effort. When you have balance in your life between family, friends, work, sports, hobbies, recreation and other interests, you'll be less likely to hyper-focus on the imperfections of your spouse.
- * **Give your partner space when needed:** When your partner expresses serious concerns about your relationship, take a step back to give them space, and then work on something you can do to strengthen yourself both emotionally and physically. These steps might include: doing a workout, pampering yourself with a massage or pedicure, walking or hiking, getting support from close friends, reading about someone else who overcame a difficult time, attending a spiritual place, or having some individual counselling.

For more business and life coaching tips to help you achieve your goals and create and live the life you've always wanted, visit www.blueskycoaching.com.au. To find out more about how you can work with me personally, call me on 0411 471 941 or (08) 8338 3134 or e-mail tania@blueskycoaching.com.au.



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