

How to Connect with your Partner? Into

Welcome and Well Done!

Welcome to the 'How to Connect with your Partner' video series. I am so grateful that you will be joining me during this 6-week journey to reconnect with your partner.

Signing up to this course means that you are putting yourself and your love-life first.... It takes a whole lot of courage and commitment to understand each other. So "Well Done" for taking the first step.

This is a 6 episode course and can be completed as and when you see fit. My suggestion is that you and your partner schedule a set day either weekly or every two weeks. Make a silent contract with one another that states that you commit and promise not to make an excuse that you cannot attend on the relevant date. This will show your partner how important your relationship is to them. Schedule at least 1 hour for each episode.

For each episode make sure you have a pen and paper and have the notes handy.

We have this concept that once we find our 'soul mate' life will be easier and everything will come together.

Well that's really not true. Marriage is a work in progress. Marriage gets better with age. Whether you think you have found your 'soul mate' or not it's all the same. It's not automatically perfect. It's hard work that needs constant attention.

Please answer the following questions before beginning:

Exercise 1: What is my intention for completing this course? What do I want to get out of it?

Exercise 2: How do I want to feel after I have completed it?

Exercise 3: What blockages do I have that may get in the way of me completing the course?
